HOST OF IN THE KITCHEN SHARES LASAGNA RECIPE
FOOD {page 29}

ZOMBIE 101: HOW TO REPEL THE BRAIN-CRAVING FIENDS, AND MORE

{pages 32-35}

CALGARY metro®
Wednesday, October 12, 2011
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Halloween? Try Jesus Ween

- Calgary pastor's initiative promotes devotion to God over goblins and ghouls during Halloween
- He claims thousands of North American Christians are interested in handing out Bibles over candy

Break out your Bibles, Halloween's coming.

That's the message from a Calgary pastor, promoting an initiative called Jesus Ween that aims to turn standard Oct. 31 activities on their head.

"I don't think Halloween represents anything close to God or close to Christianity," says Paul Ade.

Now, the 40-year-old wants others to follow suit and has made contact through letters and phone calls to approximately 3,200 North American churches.

"I would say we have received about 70 per cent support," Ade said.

University of Calgary religious studies professor Irving Hexham was quick to point out that the origins of Halloween celebrations can be traced back to early Christianity, when it was known as All Hallow's Eve.

"Some people get upset about it ... but Halloween's really a bit of a joke," he said.

JEREMY NOLAIS

For the full version of this story, go to metronews.ca/calgary

Dream. Home

▶ Kylie Bullen unlocks the door to her new home in the southeast community of Walden yesterday. The 2,200-square-foot Stampede Lotteries Rotary Dream Home was disassembled at the Stampede grounds and then rebuilt on the lot. Story, page 8.

KATIE TURNER/METRO

A dream come true as woman unlocks door to her new home

Traffic

Fears revving up in SE

Parents worry their children might be killed in a collision {page 3}

Offering their support

Aldermen are giving the Occupy Calgary camp thumbs-up {page 6}

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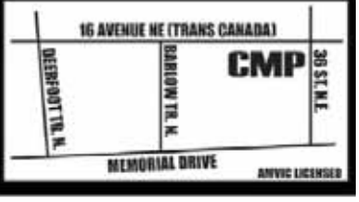

AMVIC LICENSED

Hoax hostage calls 'a concern,' police say

Investigators are looking into a number of prank 911 calls made recently by individuals claiming they are being held hostage by an armed person.

Police Insp. Keith Cain said three calls of this nature were placed over the Thanksgiving weekend, and tactical units were dispatched to two scenes Monday in the downtown core.

No evidence was found to support the claims.

"Certainly it's a concern for us," Cain said. "Given all the calls we have received we certainly don't believe that somebody was incorrect in the information they had.... It's always very specific information that they themselves are the victim."

Cain said that it is not clear if the phoney emergencies over the weekend were all reported by the same individual, but said police did not find the caller at any of the scenes.

He said the issue is becoming increasingly prevalent, recounting seven other similar calls made to police in the past nine months.

"A lot of police resources are tied up trying to investigate these," Cain said.

JEREMY NOLAIS

For more local news visit metronews.ca/calgary

Child-involved collisions worry area parents

Busy southeast boulevard the scene of 2 accidents and many near-misses, say residents ▶ City officials exploring additional safety measures

JEREMY NOLAIS
@METRONEWS.CA

Fears are revving up among parents in a southeast Calgary community where two kids have been struck by automobiles in less than a month.

Both children suffered minor injuries, but Auburn Bay residents like Victoria Clarke worry it's only a matter of time before someone is killed.

One of the collisions occurred on busy Auburn Bay Boulevard, where Clarke's twin girls and many other kids catch the school bus.

"Commuter cars go flying by; they don't want to stop," Clarke said. "They are speeding and none of the crosswalks are marked."

The collisions were top of mind at a recent community association meeting.

Representative Carla Obuck said city officials and police have been approached about traffic-calming measures in the area, but some responsibility must fall on parents.

"Every morning, I was seeing children jaywalking across two lanes of traffic, hiding behind a billboard in the median ... then popping out right in front of oncoming traffic," she said.

CANDICE WARD/FOR METRO

▶ Victoria Clarke and daughters, Allison, 5, left, and Emily, 5, wait for the school bus while traffic speeds by the unmarked stop last Wednesday morning on Auburn Bay Boulevard Southeast.

Ald. Shane Keating said concerns raised by parents are being explored by city officials.

"We really have to evaluate the difference between developer-pretty (design) and what makes traffic safer," he said.

Clarke, meanwhile, hopes positive steps towards making community roads safer are taken soon.

"Right now my girls cross the street holding their grandma's hand," she said. "Eventually, though, kids get older and want to go on their own."

Speeding cars

- The posted speed limit on Auburn Bay Boulevard is 50 km/h, but residents who spoke to Metro estimate many vehicles travel up to 30 km/h faster.
- Schools attended by Auburn Bay children have been consulted about possibly moving the bus stop off the boulevard, said community association representative Carla Obuck, but little headway has been made on that.

1 news

A new study shows evidence of a link between vitamin E and prostate cancer. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

John Baird does his best to ingratiate himself to his hosts in Libya by announcing a new financial commitment. Video at metronews.ca/canada

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JAWS OF LIFE

Man rescued after being trapped under car

Fire crews used the Jaws of Life to rescue a man who became pinned under his vehicle while doing mechanical work.

Around 4:30 p.m. the Calgary Fire Department was called to Queen Isabella Close Southeast where they found an adult male trapped under a vehicle.

Firefighters used the Jaws of Life to lift the vehicle, and the man was removed. According to a release, the man was working on his car with one of his scissor-lifts failed. He was treated at the scene by EMS.

METRO

Gas leak leads to school evacuation

Students in a northwest school were removed from classes following a gas-line break in the area.

Around 11:30 a.m., fire crews responded to the 1900 block of 5 Avenue Northwest after heavy machinery hit a three-inch gas line.

Along with evacuating Queen Elizabeth School, traffic was shut down from 6 Avenue Northwest to 19 Street East and south to 2 Avenue Northwest.

1,400 The approximate number of students removed from the school.

The line has since been clamped and students are being returned to school.

No injuries were reported.

ATCO gas was called in to fix the gas line. Several Calgary agencies co-ordinated the effort.

METRO

Man in hospital after house fire

One man was taken to hospital after a fire yesterday. Another man was found in the basement of a home on Maidstone Drive Northeast when firefighters arrived around 4 a.m. That man was unaware of the fire, and didn't sustain injuries.

METRO

Building permit values rise

Calgary building permit values jumped 68 per cent compared with 2010 to $387 million for September on the strength of high-density residential activity, according to the city. Apartment projects account for 3,042 of the new residences, an official says.

METRO

Edmonton tops homicide record with 40th victim

- Two bodies found in vehicle on south side yesterday may bring count to 42
- Police chief plans to beef up force and strengthen strained resources

SHELLEY WILLIAMSON
@METRONEWS.CA
METRO CANADA IN EDMONTON

SHELLEY WILLIAMSON/METRO

▶ Edmonton Police Chief Rod Knecht speaks to reporters in Edmonton yesterday about his plans to combat the climbing homicide rate in that city.

On the same day the Edmonton Police Service confirmed the city's 40th homicide, breaking that city's record for killings in a year, investigators probed two more suspicious deaths.

Officers were called to a southside cemetery around 8 a.m. yesterday after a worker spotted a black SUV parked with its lights on.

Police found the bodies of two men inside.

"We will have to wait on some autopsy and forensic evidence.... It's very early in our investigation and we have much work to do on that file," said EPS Staff Sgt. Dave Spiers.

Meanwhile, police said Daniel Charles Hamer, 35, died of blunt head trauma early Saturday, making him the city's 40th homicide victim of 2011.

Two suspects have been interviewed but no charges have been laid, and investigators are considering a self-defense angle.

"We are still looking for one important witness, a female witness," said EPS Acting Staff Sgt. Bill Clark.

Police Chief Rod Knecht said he'll ask for 100 new officers to combat the mounting homicide rate and beef up stretched resources.

"As you are aware we have taken a lot of our resources from other areas in the police service, and put them full-time into the homicide unit to help with the high numbers and move forward," said Knecht.

Death figures

- Edmonton has officially recorded 40 homicides in 2011, including two officer-involved fatal shootings, and a homicide carried over from each of 2010 and 2009.
- Police Chief Rod Knecht said yesterday he considers the homicide rate to be at 38, as that is the actual number of homicides during the calendar year to date.
- Of the 40 homicides on the books, 65 per cent are "cleared," meaning suspects have either been charged or cleared of culpability.

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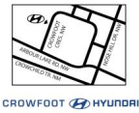

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Aldermen OK with Occupy camp

Activists began living on island Saturday as part of global protest movement against corporate greed

JEREMY NOLAIS
@METRONEWS.CA

City aldermen say they support offering up camping space and some resources to demonstrators if it helps keep the peace.

After meeting with organizers of Occupy Calgary this month, city officials granted the group space to live on St. Patrick's Island for three weeks. It is probably the first "safe camp" in the city's history to be set up for a social cause.

The demonstration is modelled on Occupy Wall Street and similar events in which demonstrators have attempted to shed light on societal inequality.

Ald. Gian-Carlo Carra, whose ward includes the island, said city council was notified before the camp was established on Saturday and he supports the move.

"It's a symbolic sort of attachment to protests happening all over the world," he said.

The Calgary Fire Department set up a fire pit at the camp and city workers have set up portable toilets.

Ald. Gord Lowe was in favour of the city's contributions, noting that maintaining the island's natural setting is a top priority.

"On the surface it makes good sense," he said.

Occupy Calgary camp organizer Paul Hughes described the group as "grateful" for the city's support. He hopes to have working electricity and an on-site kitchen by week's end.

"We have got everything we need for resources down here," he said.

Occupied

- **The Occupy Calgary camp** had roughly 50 residents yesterday afternoon, organizer Paul Hughes says.
- **Among the camp** residents are homeless people, children and social activists.
- **The camp can hold** roughly 500 demonstrators, city officials say.
- **Occupy Calgary** participants are planning a formal demonstration at Bankers Hall on Saturday. For details, go to occupy-calgary.blogspot.com.

METRO FILE

▶ The "safe camp" on St. Patrick's Island is probably Calgary's first to be set up for a social cause.

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FACEBOOK

City is speaking your language

If information on the City of Calgary's Facebook page is getting lost in translation, there is now a solution.

The city has enabled the Facebook translate feature on its page, allowing users to translate comments in another language.

"In an effort to make our information as accessible to as many Calgarians as possible, there's no cost to turn the button on," said city spokesperson Paul Newmarch.

The translate feature currently translates English, Spanish, French, Chinese and Hebrew.

Newmarch said the city is encouraging other city-related Facebook pages to enable the translate feature as well.

KATIE TURNER

Liberals call for health inquiry

The Alberta Liberal Party is calling for Premier Alison Redford to follow through with a public inquiry into the health-care system.

Liberal Party leader Dr. Raj Sherman and the party's health-care critic, Dr. David Swann, said they have a list of specific witnesses the inquiry could call on to talk about allegations of coverups, financial misconduct and intimidation in the health-care system.

Sherman said the inquiry could help restore Albertans' faith in the system.

METRO

No, she's not dreaming

KATIE TURNER/METRO

▶ Home, sweet home: Kylie Bullen receives the key to happiness.

Woman gets keys to Stampede dream home A $725,000 package

KATIE TURNER
@METRONEWS.CA

Kylie Bullen's mother and grandmother had purchased tickets for the Stampede Lotteries Rotary Dream Home for years.

But this summer was the first time Bullen bought tickets on her own.

And she didn't believe it when she got a call telling her she'd won the home.

"I honestly thought my mom was pranking me."

But the dream home became Bullen's reality yesterday when she was handed the keys to the Walden home.

While she had done a walk-through of the home when it was on Stampede grounds, Bullen said she didn't remember much about the house until she saw it again last week.

"I realized I need to buy more furniture," she said.

Bullen's mother, Ronaye Madell, said she thinks Bullen's gran — after years of buying tickets for the home — played a part in the win. "My mom always bought tickets, too, and we just lost her two years ago," said Madell.

"We think she helped him pull Kylie's ticket out. She would be amazed."

Moving in

- Bullen will be sharing her three-bedroom home with a friend who contributed $20 toward the tickets.
- The bathroom off the master bedroom has a heated toilet seat and a remote control for the shower and bathtub.

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Fire-awareness message gets makeover

- In 2010, Calgary firefighters made calls to 21,000 local homes for their Community Home Safety program
- This year's slogan for the annual Fire Prevention Week: Protect your family from fire

DARREN KRAUSE
@METRONEWS.CA

The Calgary Fire Department hits Calgary homes annually to spread fire safety awareness, only now they're using a different vehicle to get that message across.

Some Calgary Meals on Wheels volunteers will now be trained to assess smoke detectors in the homes of MOW clients, and alert the fire department to any faulty or non-functioning devices.

The two sides will team up for this pilot project during Fire Prevention Week (Oct. 9 to 15) to service a segment of the population they believe may be at risk.

"We simply cannot reach every home in Calgary," said acting fire Chief Len MacCharles. "(This partnership) reaches that segment of society that might be more vulnerable."

Katherine Robson, communications and development manager with Meals on Wheels, welcomed the opportunity.

▶ Peter Moffat, left, and Carol Henke are two of the community safety officers with the Calgary Fire Department who will be assisting Calgary Meals on Wheels volunteers.

Fire facts

- Calgary Meals on Wheels serves more than 600 clients per day.
- Over 20,000 smoke alarms have been delivered by city firefighters over the past decade.
- Homeowners should check smoke alarms and plan an escape route.

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News in pictures

PHOTOS
1. NATACHA PISARENKO/THE ASSOCIATED PRESS
2. DEAN RUTZ/THE ASSOCIATED PRESS
3. AMY SANCETTA/THE ASSOCIATED PRESS
4. LEE JIN-MAN/THE ASSOCIATED PRESS

1 An oiled little blue penguin floats in a wildlife facility pool in New Zealand yesterday. Penguins were rescued from sea after an oil leak last Wednesday.

2 Seattle's self-styled superhero Phoenix Jones is back. He had to wear a backup costume after police seized his old one after an arrest on assault charges.

3 The leader of a breakaway Amish group in Ohio said an attack on fellow Amish was due to long-standing resentment between the two groups.

4 South Korean pop singer Rain bids farewell to tearful fans as he puts his successful career on hold to begin mandatory military service. **THE ASSOCIATED PRESS**

Canada to give hefty sum for Libya recovery

Foreign Affairs minister pledges $10M to control weapons and build democracy On top of $10.6M of Canadian humanitarian aid already given

Moammar Gadhafi's unsecured arsenal of mass-destruction weapons poses a threat to Libya and the world at large, Canada's Foreign Affairs minister said yesterday.

John Baird offered his assessment after touring Gadhafi's notorious Tripoli compound of Bab al-Azizia, now transformed by NATO bombs and rebel forces into a riotous wasteland that celebrates newfound liberty while defiling the deposed dictator's memory.

"This country is armed to the hilt. We want to see a demilitarization to support the new government," Baird said on his second, secretive trip to Libya, this time to the country's capital.

"We know there are seven warehouses of weapons of mass destruction, chemical weapons, that Gadhafi showed the world," said the minister.

Government officials say the funds will help Libya clean up the 23,000 shoulder-fired, anti-aircraft missile launchers still in circulation, and deal with the reality of guns everywhere.

"We want to ensure that the people of Libya are kept safe and the people of the world are kept safe so (the weapons) don't fall into the wrong hands."
JOHN BAIRD, CANADA'S FOREIGN AFFAIRS MINISTER

Canada's share is part of a larger international contribution to that effort, said officials.

Baird held talks with Mustafa Abdul-Jalil, chairman of the Libya's new provisional government, at the National Transitional Council's Tripoli headquarters. He offered "congratulations on the transformative events that have been taking place in Libya."

Canada is co-ordinating its future rebuilding efforts with international partners, who are all working under a United Nations umbrella. **THE CANADIAN PRESS**

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Foreign Affairs Minister John Baird, right, and Canadian Ambassador to Libya Sandra McCardell, left, visit the former fortified compound of Moammar Gadhafi in Tripoli yesterday. Baird is the first foreign minister to visit the site since rebels seized it.

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News in brief

Movie zombies take a tumble

TORONTO. Emergency workers faced a scene out of a horror movie yesterday after actors dressed as zombies fell off a platform during a film shoot in Toronto.

At least 16 actors on the set of Resident Evil: Retribution were injured.

The bizarre sight of the zombies made it difficult for emergency workers to assess the injuries. "It did kind of catch us off guard," said Sgt. Andrew Gibson.

THE CANADIAN PRESS

Radishes bite drug smuggler

LONDON. A drug smuggler has been jailed for 11 years in Britain for hiding two kilograms of heroin in a shipment of hollowed-out radishes.

Police say the heroin was hidden in a consignment of mooli — East Asian radish — being flown into Heathrow Airport from Pakistan.

The radishes had been cut open, stuffed with drugs and then glued back together.

THE ASSOCIATED PRESS

Zombie arms cache busted

BUDAPEST. Nearly 100 live weapons to be used in Brad Pitt's zombie flick World War Z were confiscated by Hungarian officials, reports said. The cache included machine-guns, rifles and pistols.

Counterterrorism official Janos Hajdu said: "It's possible all the weapons were brought in for the film, but this would not be allowed by Hungarian law. This is a very complicated case."

THE ASSOCIATED PRESS

Get set for a baby boom: Couples win IVF prizes

Radio station springs a surprise in contest for $35,000 treatments

CONTRIBUTED

▶ Natasha and Ryan Derouchie, pictured yesterday, may soon be hearing the pitter-patter of little feet.

JOE LOFARO
@METRONEWS.CA
METRO CANADA IN OTTAWA

For five years, Natasha and Ryan Derouchie have been trying to have a baby.

Now they could be close to making that dream a reality.

Just like four other couples.

The Derouchies were one of five finalist couples in a Win A Baby contest on Ottawa radio station Hot 89.9.

Only one couple could win — until yesterday.

Much to everyone's surprise yesterday morning, radio host Jeff Mauler announced that all five couples had won up to three fertility treatments.

"We're still trying to absorb it because it's really a dream come true."

NATASHA DEROUCHIE

"There was lots of crying. We pretty much sobbed … just holding each other. My phone was going crazy," said Natasha, 30.

Doctors had told Natasha and Ryan the only way they could conceive was through in vitro fertilization (IVF).

The high cost of the procedures held them back, but now they've won the three fertility treatments valued at $35,000.

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MAYRA BELTRAN/ THE ASSOCIATED PRESS

▶ Rapper Bun B unites with protesters staging at city hall yesterday in Houston.

Marching for 99%

NYC protesters express concern over 'millionaires' tax' expiration in December Hundreds cry out across U.S.

Hundreds of protesters, emboldened by the growing national outcry against what they see as the greed of Wall Street, streamed past the homes of some of the country's richest residents Tuesday in a "Millionaires March."

Members of the Occupy Wall Street movement and other groups walked up the sidewalks of Manhattan's East Side, along world-famous streets lined with swank apartment towers.

Protesters have been camped out for weeks in lower Manhattan's Zuccotti Park saying they're fighting for the "99 per cent," of Americans who do not fall into the wealthiest one per cent of the population.

Several hundred protesters were arrested in New York more than a week ago after police said they ignored warnings not to block traffic on the Brooklyn Bridge.

Their causes range from bringing down Wall Street to fighting global warming. The movement gained traction through social media, and protests have taken place in several other U.S. cities. THE ASSOCIATED PRESS

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Nova Scotia Nominee Program, Economic Stream Refund

If you paid fees to the Economic Stream of the Nova Scotia Nominee Program, **you might be able to get some money back from the Province of Nova Scotia.** Read this to find out more.

What is this about?

A lawsuit was started against the Province of Nova Scotia in 2009. The goal was to get a refund for people who applied for and paid fees into the former Economic Stream of the Nova Scotia Nominee Program. The Supreme Court of Nova Scotia has now certified that lawsuit as a class action. Your legal rights may be affected. The lawyers for both sides have made a deal that would give a refund to eligible people. The Supreme Court of Nova Scotia approved the settlement as fair and reasonable.

Am I included?

You are if you (1) paid money to Nova Scotia under the Economic Stream of the Nova Scotia Nominee Program, (2) landed and obtained permanent resident status in Canada, and (3) did not already get a refund. As long as you told the truth in your application and immigration filings, you should be eligible for a refund.

What does this mean for me?

If you are a Class Member, your legal rights are affected. You will benefit from any settlement, but you must give up your right to sue the Government of Nova Scotia on your own.

How much will I get?

If you were not paid anything under a business mentorship, you will get $63,750 back if your claim is approved ($75,000 less an approved 15% fee of $11,250). If you were paid under a business mentorship, the amount you were paid will be deducted from $75,000. The 15% fee will be taken from the net amount.

Do I have to pay anything out of my own pocket?

No. The lawyers' fees have already been accounted for in the amount set out above. You will not be billed. The Supreme Court approved the lawyers' fee as fair and reasonable

How do I get my money?

You have to fill in a Claim Form. A copy of the Claim Form can be found at *http://www.branchmacmaster.com/nova-scotia-immigration/*. You must mail, fax, or email in the form by **May 4, 2012.**

What if I do not want to take part?

If you do not want to take part, you have to opt out. If you opt out, you will not get any benefit from the settlement. You will have to sue the Government of Nova Scotia on your own if you wish to recover anything. To opt out, go to *http://www.branchmacmaster.com/nova-scotia-immigration/*, download the opt out form, and submit it to the address listed. If you want to opt out, you must do so before **Jan. 5 2012.**

What if too many people opt out?

If more than 50 people opt out, the Province has the right to cancel the settlement. Neither the Province nor the lawyer for the class expect this to occur however.

I have other questions.

For more information, visit *http://www.branchmacmaster.com/nova-scotia-immigration/*. If you still have questions, just contact the lawyer appointed by the court to act for the class, Greg McMullen at Branch MacMaster LLP, at *gmcmullen@branmac.com* or *604-631-2560.*

NOVA SCOTIA

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Air Canada employees hold a rally at Pierre Elliott Trudeau airport in Montreal yesterday after talks over pay and conditions between the union and management broke down. The federal government is considering its options on how to handle a renewed threat of a strike at Canada's largest airline.

Feds buy time sending strike matter to CIRB

Union set to resume talks if key issues addressed
Unclear why two agreements rejected by members

The federal government is moving to prevent a strike Thursday by Air Canada flight attendants by sending the matter to the Canada Industrial Relations Board for review.

Labour Minister Lisa Raitt told CTV News that a reference will be sent to the board today asking it to examine the difficulties in winning ratification of two tentative agreements reached by company and union negotiators.

"While the matter is before the CIRB, there cannot be a work stoppage," Raitt said from Vancouver.

The latest twist in Air Canada's troubled contract negotiations comes after members of the union rejected the latest agreement, which was supported by leaders of the Canadian Union of Public Employees.

The union hasn't said publicly which parts of the previous agreement were rejected by the members.

"Our members are clearly frustrated, and are demanding their sacrifices over the past 10 years be addressed," said Jeff Taylor, president of the Air Canada Component of the Canadian Union of Public Employees. "Air Canada must be prepared to move on our key issues."

The tentative deal was reached Sept. 20 with the help of a federal mediator appointed by Raitt and the threat of back-to-work legislation.

The reference buys the government time to pass back to work legislation once the House of Commons resumes Monday.

A strike lasting a couple of days would cost the airline about $11.7 million a day in operating revenues and $1.2 million in operating profit, said Robert Kokonis, president of airline consulting firm AirTrav Inc.

Air Canada said it would operate a partial schedule with the help of company managers, Star Alliance partners and Air Canada Express flights operated by Jazz and Sky Regional Airlines. Kokonis said two-thirds of passengers would rebook flights or make due with the reduced service.

While hopeful that a disruption could be avoided, the airline said it continued to "make the necessary preparations to minimize any inconvenience to our customers."

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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+ 287.19 (11,875.55)	+ 0.98¢ (97.29¢ US)
Oil	**Natural gas 1,000 cu ft**
+ $0.40US ($85.81 US)	$3.591 (+ $0.05)
	Gold
	$1,661.00 (- $9.80)

Campaign action

- Garda Security Group, a private company contracted by the Canadian Air Transport Security Authority, won an injunction Thursday that bars a work slowdown.
- The group suspended 74 screening officers at Pearson International Airport after they staged a work-to-rule campaign yesterday.
- Garda began legal action against the officers and is looking at termination of employment, contempt-of-court proceedings and claims for damages.
- Air Canada and the Greater Toronto Airports Authority reported some delays yesterday morning, but said things were moving fairly well later in the day.

Switch failure for RIM

The maker of the BlackBerry said yesterday the problems that plagued millions of users for a second day were caused by a core switch failure within the company's network. It is now working to clear the backlog and restore normal service as soon as possible.

A large number of BlackBerry users in Europe, the Middle East, Africa, India, Brazil, Chile were unable to access email and messaging services.

Continued technical glitches are likely casting a pall on the company's image and hampering its fight for market share against the Apple and Android smartphones, an analyst said. THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

Play. Time

▶ Zynga CEO Mark Pincus speaks at a Zynga event yesterday in San Francisco.

JEFF CHIU/THE ASSOCIATED PRESS

Zynga gets outside of Facebook

Zynga's adding more ways to play its web games as it grooms for an initial public offering. This will allow its 232 million users to play games such as CityVille and Mafia Wars directly via its website instead of through social networking sites.

Wal-Mart gets personal

Fans request more localized messages from retailer

Just in time for the holidays, Wal-Mart Stores Inc. aims to recreate the feel of a local store for its more than 9 million Facebook fans.

The world's largest retailer announced yesterday a partnership with Facebook that offers pages specifically tailored for each of its more than 3,500 locations.

Those pages are designed to allow its customers to interact with local stores as well as get information on new products, events and discount offers. The partnership marks the first of its kind for a merchant and underscores how companies are using Facebook to develop a deeper relationship with its shoppers responding quickly to their demands with the goal of increasing sales.

"This allows us to make our stores relevant on a local level," said Stephen Quinn, executive vice-president of Wal-Mart's U.S. division Monday. "This addresses our 'next-generation' customers who are using a lot of social media. A national message is often not as relevant."

THE ASSOCIATED PRESS

Social media

- Wal-Mart wants to be able to personalize offers for its Facebook fans, based on the type of products they "like," for example, said Stephen Quinn, executive vice-president of Wal-Mart's U.S. division.

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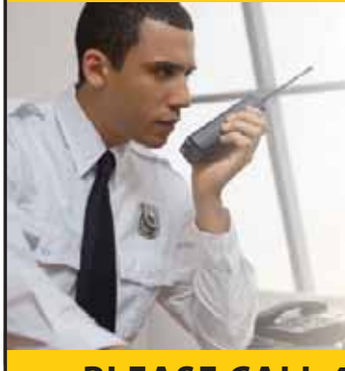

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WHAT WILL GERMINATE IN YOUR CAPSULE?

JUST SAYIN' ...

PAUL SULLIVAN
METRO

I'm not sure what bacteriologist Edward Durham was thinking back in 1897 when he put a vial of intestinal bacteria in a time capsule, but whatever it was, he should have thought it over.

Not only do we have to worry about new diseases from birds and barnyard animals, now they're coming at us from 114 years in the past.

Time capsules are designed to be opened in the future, and the future arrived last week when a building at Bellevue Hospital in New York was demolished, exposing a time capsule including the scientist's little gift and a note asking future generations to "let us know how long these spores last."

Well, Ed, we'll get back to you. I might add we're lucky they weren't active and belong to a type of bacteria that has been successfully treated by antibiotics, a post-1897 invention.

"LOL if you must, but what goes into your time capsule? Downloads of Two and A Half Men? DNA from your dog? An Ikea catalogue? The iPod or the iPad? Both?"

Which leads you to wonder: what else is out there buried in a box from the past that could have interesting consequences if opened before Christmas?

Here's just a partial list from time capsules buried in various cornerstones around the world: silk condoms, false teeth, bikini bottoms, Life magazine, a kewpie doll, various grain seeds, messages from Albert Einstein, and even a car. Not toxic, per se, but what are they supposed to make of all that junk in the year 7000 AD?

Still, we continue to bury our civilization's flotsam and jetsam in structures that don't last 50 years, never mind 5,000. Or we shoot them into space, needles in a cosmic haystack. We do it because we hope that someone will be there and if they are, they need to get it right, dammit.

It's a way of bestowing immortality upon ourselves. And certainly, the only way any of these Just Sayin' columns will ever survive is to slip them in a time capsule between the bikinis and false teeth.

LOL if you must, but what goes into your time capsule? Downloads of Two and A Half Men? DNA from your dog? An Ikea catalogue? The iPod or the iPad? Both?

Let's say this stuff actually survives 5,000 years and is dug up. Will our descendants be able to decode our little blasts from the past? The origin and meaning of an 8-track could be as obscure as a cave painting.

Anthropologists, when they don't have a clue, always play the religious ritual card.

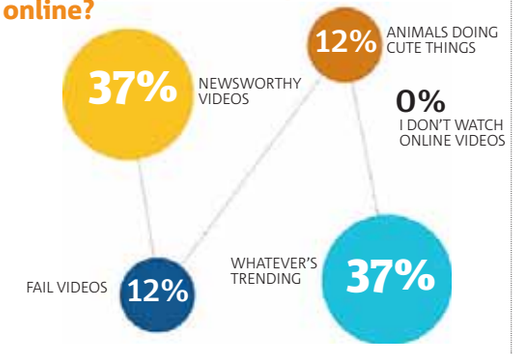
So in 7011, when they open up the Charlie Sheen Violent Torpedo of Truth Tour Video, it's possible a new religion will be born.

That's if God still has a sense of humour at that point.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

What type of video do you watch most online?



Local tweets

- **@kelsiefraser:** I just learned there's a "Tequila and More Show" in #yyc... might have just made my day. Where do I sign up?
- **@Derek_REInvest:** Not a bad fall day in #yyc. This is golfing weather... @JoelGwillim is probably out playing right now.
- **@djkelly:** City hall has been evacuated. Hope it's a false alarm. #yyccc
- **@rozzielee:** Yum, Olive garden leftovers are half decent! :) #yyc
- **@mmmbutters:** Food hangover today is worse than alcohol hangover yesterday.
- **@NEWSBOYCALLSEN:** I don't know how skate shops make money. Over priced, not competitive, lazy staff and no one seems to care about the customer. #yyc
- **@missing_chapters:** Again, #YYC, if you lost an expensive-looking lip gloss this morning and you'd like it back, send a message my way!
- **@QR77football:** Henry Burris calls offense together for pep talk, post-practise. Reinforces urgency of final few weeks #yyc #cfl #calstampeders

Letters

RE: Jessica Napier's column published Oct. 11, What's in a maiden name?

Although I think the article was well written and thought provoking, I was surprised that, for a woman who writes from an informed and feminist perspective, she used references such as "Mr. and Mrs. His First and Last Name" and "Taking your husband's name." The article was written with gender assumptions and from a heterosexist perspective which made a good article disappointing in the end.

CHARLENE CREWS, TORONTO

RE: Air Canada attendants reject second deal, published Oct. 10 on metronews.ca

It deeply saddens and worries me to see the Harper government acting like a dictator in its excessive interferences in the labour disputes.

As the strike by flight attendants is looming, the government is threatening to come out with its stick and use it to force the employees back to work as if we live in a communist or fascist country.

ABUBAKAR N. KASIM, TORONTO

Afghan. Life

▶ Afghan children enjoy a swing ride set up in a cemetery outside Sakhi shrine in Kabul, Afghanistan yesterday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Photo of the day

WEIRD NEWS

Who nose?

Simply blowing your nose could now produce energy-making results as scientists have discovered a way of converting human breathing into electricity.

Professor Xudong Wang and his team have made a tiny device that generates a small amount of electricity when a low-speed airflow such as human respiration passes over it.

The engineers at the University of Wisconsin-Madison used a special plastic named polyvinylidene fluoride that can produce an electrical charge in response to a mechanical stress, a phenomenon known as the 'piezoelectric effect.' This plastic was small enough to be put inside a human nose.

"We calculated that if we could make this material thin enough, small vibrations could produce a microwatt of electrical energy that could be useful for sensors or other devices implanted in the face," Wang says. The engineer added that airflow from a human breath travels at less than two metres per second.

One microwatt of energy may sound minuscule but it is enough to power biomedical devices such a heart pacemaker or a diabetic's glucose monitor.

METRO WORLD NEWS

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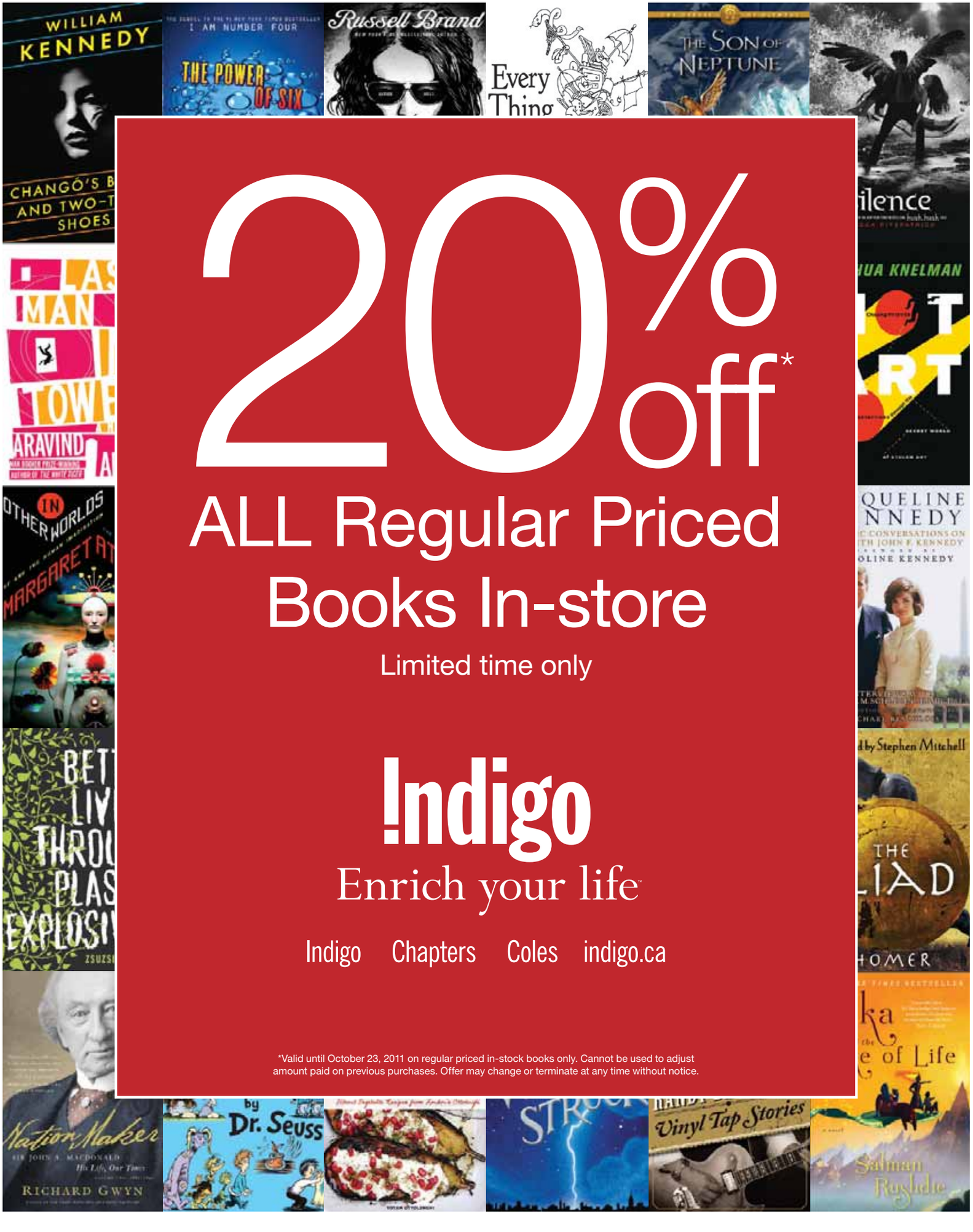

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2 scene

Hollywood horror

Tinseltown loves to recycle • It seems the horror remake factory is working overtime

HANDOUT

▶ The Thing, opening this weekend, is one example of a horror remake.

RICHARD CROUSE
SCENE@METRONEWS.CA

Hollywood is so into recycling you'd think Al Gore was running a studio and green lighting movies. This year alone we've seen reimaginings, reboots and redos galore, from Straw Dogs and Footloose to Conan the Barbarian and The Mechanic.

It seems Tinseltown never met an idea it couldn't endlessly recycle.

This is particularly true in the horror genre. In the last 12 months, Colin Farrell clipped on Chris Sarandon's used fangs in a remake of Fright Night, and this weekend, The Thing is, according to IMDB, "a prequel to a remake of an adaptation of the novella Who Goes There?" Whatever it is, original it's not.

Not that all original horror films are better than their remakes. David Cronenberg's dark vision enhanced the story of The Fly, delivering the real scares that the campy 1958 version lacked, and 1978's Invasion of the Body Snatchers is far creepier than its cinematic predecessor.

The Blob, the tale of what happens when germ warfare goes awry, has been made a couple of times.

The original is an unintentionally funny flick with more giggles than gore, but it inspired a sequel, a remake and, if the rumours are true, a bloody revamp by horror maestro Rob Zombie.

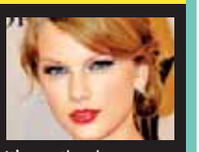
I have a soft spot for the low-budget charm of the 1958 version, although the 1988 reboot has a smarter-than-it-needs-to-be script co-written by Frank Darabont and a cool tagline — "Scream now! while you can still breathe!"

Count Dracula is one of the most portrayed characters on the big screen, having appeared in more horror films than any other famous monster of filmland. Eighty years after he first portrayed the vampire in the 1931 film Dracula, Bela Lugosi is still the most famous blood sucker of them all, although for my money, two British actors — Gary Oldham in Bram Stoker's Dracula and Christopher Lee in Horror of Dracula — are tip-top Transylvanians.

Unlike his work in Scream, Wes Craven's early films didn't have any of the self-depreciating humour to go along with the scares.

His first movies were brutal, bloody and grim, usually all at once. Recent remakes of The Last House on the Left — rated R for "sadistic violence" — and The Hills Have Eyes — "The lucky ones die first!"— don't have quite the impact of the Vietnam era originals, but still require a strong stomach.

Scene in brief



It's another honour for Taylor Swift. The country music superstar has been crowned Woman of the Year by Billboard magazine.
The 21-year-old multi-platinum singer-songwriter is the youngest to receive the award. The announcement was made Tuesday. She will be honoured at the 2011 Billboard Women in Music event in New York on Dec. 2.
THE ASSOCIATED PRESS

Why children of the '80s are so appalled by the prospect of a Footloose remake.

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Rihanna happy for her ex

Two years ago Chris Brown pled guilty to felony assault on then-girlfriend Rihanna Now the 'Sexiest Woman Alive' says she wishes him all the best

Rihanna says she resented Chris Brown for a time, but has put that behind her and is happy that her former boyfriend has found success in music again.

Rihanna tells Esquire magazine that disliking Brown "was taking up too much of my time" and that she has moved on from that.

"It was too much anger," the 23-year-old said.

"I'm really excited to see the breakthrough he's had in his career."

Brown, 21, is serving five years of probation after pleading guilty to felony assault for the attack on Rihanna in the early morning hours before the 2009 Grammys.

Graffiti, the album he released 10 months after the attack, was a commercial disappointment.

But his latest release, F.A.M.E. (Forgiving All My Enemies), debuted at No. 1 on the Billboard 200 albums chart in March; it reached gold status and has multiple pop and R&B hits with songs like Look at Me Now and Deuces, among other tracks.

"It's incredible to see how he pulled out the way he did. Even when the world seemed like it was against him, you know?" Rihanna said.

"I really like the music he's putting out. I'm a fan of his stuff. I've always been a fan."

ESQUIRE/THE ASSOCIATED PRESS

▶ Rihanna on the cover of Esquire's November issue.

Rihanna has done well musically, too: Her albums following the attack — Rated R and Loud — have both gone platinum, and she's releasing a new album, Talk That Talk, next month.

Whole package

Esquire named Rihanna as its Sexiest Woman Alive for 2011.

The November issue of the magazine hits newsstands on Oct. 16.

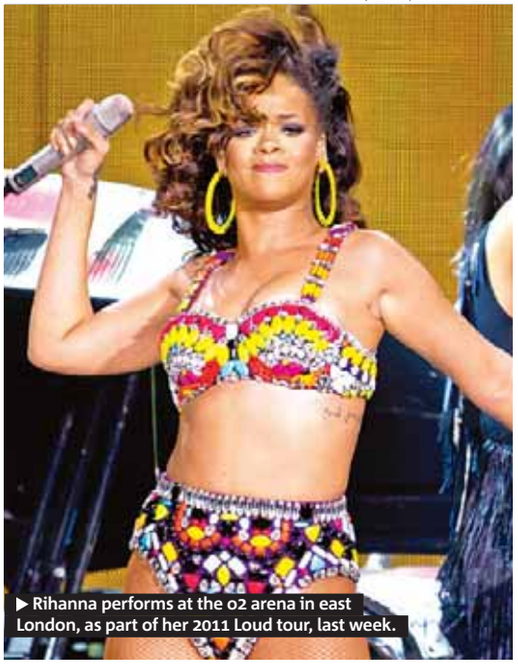
Her latest single, We Found Love, is her 20th song to hit the Top 10 on the Billboard Hot 100 singles chart since she debuted in 2005.

Overall, she says she wants to see Brown do well.

"I would never wish anything horrible for him. Never. I never have," she said.

THE ASSOCIATED PRESS

JOEL RYAN/THE ASSOCIATED PRESS



▶ Rihanna performs at the o2 arena in east London, as part of her 2011 Loud tour, last week.

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Big names to belt out in honour of Beatle

Singer Alicia Keys gathers performer pals for charity

Alicia Keys' charity will pay tribute to late Beatle guitarist George Harrison with a star-studded concert in New York City next month.

Her charity, called Keep a Child Alive, will honour Harrison at its annual Black Ball event for his "philanthropic contributions to India."

The charity announced yesterday that Keys will perform alongside Usher, Norah Jones and will.i.am at the Nov. 3 show at Manhattan's Hammerstein Ballroom. Mary J. Blige, Gary Clark Jr., Jay Sean and Midival Punditz with Karsh Kale will also hit the stage.

Harrison died of lung cancer at age 58 in 2001.

The event marks the eighth year for Keep a Child Alive, which helps children affected by HIV/AIDS in Africa and India.

All proceeds from the show will go to the charity.

THE ASSOCIATED PRESS

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▶ George Harrison

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▶ Alicia Keys

2nd ANNUAL

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Demi and Ashton play happy families

Couple hits the woods with their Kabbalah teacher Rumours still swirling about their relationship

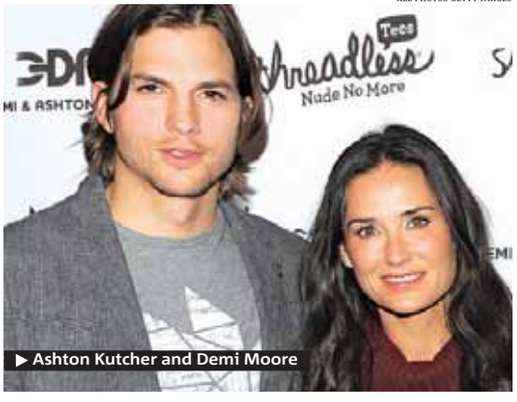
Ashton Kutcher and Demi Moore spent the Yom Kippur holiday getting away from it all, camping near Santa Barbara, Calif., with their Kabbalah instructor in tow, according to Hollyscoop.

The couple didn't seem at all pleased when spotted by other campers, though.

"Demi was screaming 'Please don't take photos of me or my family. Please don't expose this,'" a source says.

"Once she knew she had been photographed, she whistled at Ashton and gestured for him to hurry into the tent. It was obvious that Demi was showing the strain about the state of her marriage." METRO

ALL PHOTOS GETTY IMAGES



▶ Ashton Kutcher and Demi Moore

Clooney and gf laze in Cabo

George Clooney and Stacy Keibler are enjoying autumn by avoiding it all together.

The new couple jetted off to Cabo San Lucas over the weekend, with Keibler posting a photo on Twitter of a palm tree-lined, beachside swimming pool with the comment, "Chasing the last days of summer." METRO

Baby was planned: Beyoncé

Beyoncé, whose first child is due in February, says she intentionally waited before getting pregnant for the first time.

"It was important to me that I gave myself time to focus on becoming the woman I want to be, building my empire, my relationship, and my self-worth, before I became a mother," she tells Harper's Bazaar.

"Now God has blessed us with the ultimate."

Also carefully planned? The announcement about her pregnancy, made at the MTV Video Music Awards.

"I put a lot of thought into how I wanted to unveil it. It was important to me that I was able to do it myself," she says. "I decided to say nothing and proudly show my baby bump. I felt it was more powerful to see the love and enthusiasm as opposed to saying anything." METRO

▶ Beyoncé

Bump gossip

Jess to go public

ON A POTENTIAL MINI SIMPSON. After months of speculation, Jessica Simpson is reportedly gearing up to announce her pregnancy, a source close to Simpson's fiancé, Eric Johnson, tells Radar Online. "It's still early in the pregnancy, and Jessica has decided to wait before sharing her happiness with her fans," the source says. "But she has begun telling family and friends the exciting news." Simpson is expected to go public with the news as an exclusive for a magazine, the website claims. METRO

Up the duff

HILARY'S AN INCUBATOR. Hilary Duff admits that pregnancy is proving to be a strange experience. "It's literally like an alien has taken over your body. One day I'll have a good day, and one day I'll have a bad day, and it kind of goes like that," Duff tells MTV News. Good day or bad, Duff has her suspicions about the baby's gender. "Everyone else says it's a girl, but I think it's a boy. I'd be happy with a girl. I don't care what I get, but every time I think about it or dream about it, I see a boy," she says. METRO

Celebrity tweets

"If future historians look back 2 the blogs of our day 4 reference material it'll be a piss poor account of who we r. Or is that who we r?"

"Every urinal has no-flush technology if you just don't care."

"In London! Yippee"

"I asked my grandson, Cooper, if he knew where babies came from. Very smart! He said, 'Of course...Brad and Angelina's house.'"

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3 life

Sham'rock and roll

Matt Kelly is the drummer of the Dropkick Murphys, Boston's famous Irish-American punk rock band He shares his favourite spots for sports and soaking up Boston's Gaelic heritage

MATT KELLY
LIFE@METRONEWS.CA

I grew up 65 kilometres from here, so this is my capital city. My family all lives in the area — we're all New Englanders.

Where I live has a neighbourhood feel; you're in the city but you know your neighbours and the kids all play hockey in the street. I've been to a lot more U.S. cities that are a lot more sterile, and this town has more of an old-world feel.

There's a lot of history here. I like the people. It's a walking city so you can walk from place to place; it's not sprawled out. I've been everywhere in the world and I love coming back. It's a unique place in the U.S. and in the world.

METRO NEWS BOSTON

▶ Boston is known for its strong Gaelic tradition.

First time?

There are tours you can take, from walking tours like the Freedom Trail as well as the Duck Tours that take you round the city then into the Charles River (bostonducktours.com). We have the USS Constitution, a ship that was used in the Civil War (ussconstitutionmuseum.org) near the monument where the battle of Bunker Hill was fought. There's the Institute of Contemporary Art down by the waterfront (icaboston.org) and a wealth of great restaurants and bars and theatre in the south end and downtown.

The Faneuil Hall area is nice, especially if you're coming in the fall or winter. They really dress it up for Christmas.

TIM GRAFFT/METRO NEWS

▶ USS Constitution

Stay

When our guys come to town they stay at Hotel Commonwealth.

It's on top of a spot where the Rathskeller Club used to be, which was where the Ramones played their first show in Boston.

So I have a little vendetta against them, only for that though, because I wish that we had the Rathskeller Club still.

Apparently the hotel treats the guys right. Check out the website at hotelcommonwealth.com.

KEVINDU/METRO NEWS

Sports!

Take a tour of Fenway Park, our baseball stadium, which I believe is the oldest in the country (boston.redsox.mlb.com).

Ken, our bass player, is involved with a place called McGreevy's. McGreevy was a fellow who owned the original sports bar down in the Fens around the turn of the last century and they resurrected that bar and it has a lot of decorations from the original bar — it's almost like a Red Sox and baseball museum with photos, trophies and banners. You can also get a good pint of Guinness and fantastic chicken wings (mcgreevysboston.com).

▶ McGreevy's has fantastic chicken wings.

Live music

There's great independent clubs here, like the Middle East café (mideastclub.com), O'Brien's (obrienspubboston.com), and The House of Blues, with live music every day of the week (houseofblues.com). Great Scott is one of my favourites. There's a lack of mid-sized clubs and it holds about 250, so it's great for bands that are just breaking out of the bar scene. Every night of the week you can find live music (greatscottboston.com).

▶ House of Blues

Travel in brief

The South will rise again — at least on the New York City restaurant scene. According to the 2012 Zagat guide to city dining, Southern food tops this year's trends, thanks to newcomers like Marcus Samuelsson's celebrity magnet Red Rooster and The Cardinal, an East Village eatery dishing up okra, smothered pork chops and fried green tomatoes. Other trends include on-site gardens providing roof-to-table ingredients.

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Popular Sequoia National Forest trail in California park closed after two giant trees fall.

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" Basilica of the Immaculate Conception" in Old Mazatlan.

ABOUT MAZATLAN:

Mazatlan is located on Mexico's Pacific Coast at the foot of the Sierra Madre Mountains. Founded in the 16th Century, Mazatlan is Mexico's colonial city on the beach. The city is divided into three main areas: Old Mazatlan, Zona Dorada or Golden Zone, and Nuevo Mazatlan. One in every three travelers that visits Mazatlan is Canadian. **www.gomazatlan.com**

MEXICO'S COLONIAL CITY ON THE BEACH

Mazatlan stands out among tourist destinations as one that provides sun, surf, history and culture. Mazatlan's privileged location- on the Pacific Coast at the foot of the Sierra Madre mountains- has attracted tourists for decades. As a gateway to the sea and Mexico, the city has attracted visitors for centuries. Today, Mazatlan offers an array of experiences for all ages.

Mexico's colonial city on the beach offers a wide range of outdoor activities. Recognized worldwide as a first-class fishing destination, Mazatlan hooks anglers in pursuit of big game like sailfish, marlin and tuna that teem in the waters just offshore. Golfers play at world-class courses, including El Cid Golf & Country Club's Lee Trevino championship course; Estrella Del Mar, a Robert Trent Jones design, and the new Marina Mazatlan Golf Course designed by David Fleming. Other outdoor excursions include kayaking, sailing and zip-lining.

Culture and history lovers explore the streets of the old town. The neoclassical Angela Peralta Theater hosts performances by internationally acclaimed artists. Outside, restaurants at Plaza Machado buzz with patrons and live music. After exploring the city, visitors can tour nearby picturesque Colonial towns. Copala, El Quelite and La Noria are three of the most popular communities. Savor regional cuisine; explore 17th-century artwork and historic sites dating back to the 1500s.

"Mazatlan's rich culture and unrivalled hospitality sets our city apart from other destinations," says Carlos Berdegue, vice president, Mazatlan Hotel Association and Tourism Trust. "Visitors here enjoy beautiful weather and Pacific Coast sunsets alongside a lively historic center, renowned cuisine and premier resorts. There's also top-ranked spas, championship golf and year-round events. We are committed to showcasing the many sides of Mazatlan." Contact your travel agent to book your Mazatlan holiday.

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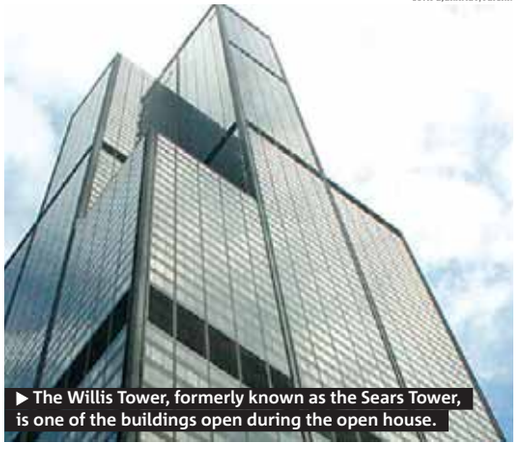
The buildings of Chicago

This weekend a Chicago architecture group is offering a free look at some of the city's landmarks

COMPUJERAMEY/FLICKR



▶ The Willis Tower, formerly known as the Sears Tower, is one of the buildings open during the open house.

From downtown high-rise buildings to neighbourhood landmarks, a Chicago architecture group is offering free behind-the-scene looks at dozens of locations citywide.

The Chicago Architecture Foundation is calling it Open House Chicago 2011. It's being held Oct. 15 to 16 and is free to the public.

The group will offer self-guided tours of some of the city's most important and interesting buildings in several parts of the city (caf.architecture.org/tours).

THE ASSOCIATED PRESS

B.C.'s Cowichan Valley is a little bit of paradise

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

Who knew unassuming Vancouver Island is actually becoming world-class wine country, with quality grape-growing soil rivalling that of Italy and Northern France?

After arriving in picturesque Cowichan Valley, I was shocked to learn there are nearly 20 first-class boutique-style wineries in the area. It almost resembled Napa Valley, as I drove past rolling hills of well groomed vines. In fact, with its warm summers and trademark wet and mild B.C. winters, the area is perfect for growing Pinot Noir and Pinot Gris Grapes, which is why new wineries are sprouting up every year.

Cowichan Valley itself is a great little paradise nestled among towering old growth forests, quiet beaches and meandering rivers. Combine that with some good vino and you've got yourself a winning combination. Centrally located between the cities of Victoria and Nanaimo, there is also no shortage of outdoor fun. I found myself surrounded by curious seals one morning as my one-man kayak skimmed the calm Pacific Ocean in front of the cosy Ocean Point Hotel in Cowichan Bay. These friendly little guys (almost looked like a pack of puppies poking there heads up) were all around my vessel. It was a very cool way to spend a morning.

No trip to wine country would be complete without sampling the product. I was impressed by my visit to several wineries in the area, including Averill Creek vineyards, which happens to be the largest on the Island. I found myself sipping a very palatable Pinot Noir reserve on the slope of Mount Prevost, while taking in the spectacular view of Cowichan valley. It felt like I was sitting in Napa, only without the pomp and the prices. Nothing like a relaxing weekend exploring the best kept secret in B.C.

PHOTOS: DARREN PARKMAN/METRO NEWS

▶ Cowichan Valley is home to nearly 20 first-class boutique wineries.

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TV's Stefano Faita keeps it simple in the kitchen

Host of In the Kitchen With Stefano Faita shares his Creamy Mixed Mushroom Lasagna

THE CANADIAN PRESS H/O

▶ This recipe makes eight to 12 servings.

This lasagna, made with creamy bechamel sauce, is indulgent. "I love all kinds of mushrooms, so it's a nice lasagna with all the mushrooms and bechamel and cheese. It's pretty simple but really delicious," says Stefano Faita, host of CBC-TV's weekday afternoon show In The Kitchen with Stefano Faita.

Preparation:

1. In saucepan, melt butter over medium heat. Add flour and stir to combine to make a roux. Continue to cook and stir, 2 to 3 minutes. Gradually whisk in milk, making sure to incorporate the roux into milk. Continue to whisk mixture and bring to a boil. Reduce heat and simmer, whisking frequently, until sauce is thickened, about 10 minutes.

2. In bowl, soak dried mushrooms in warm water for 20 mins. Drain. Chop and set aside.

3. Heat 2 large skillets over medium heat. Add 30 ml (2 tbsp) olive oil and 30 ml (2 tbsp) butter to each pan. Divide onion and garlic between 2 pans. Cook until they begin to soften, 2 to 3 minutes.

4. Increase heat to medium high and divide fresh mushrooms and chopped herbs between the 2 pans. Sauté mushrooms until golden brown, 8 to 10 minutes. Add chopped dried mushrooms and continue to cook for 2 minutes. Deglaze pans with white wine and cook until most of the wine has evaporated.

5. Heat oven to 190 C (375 F). Then in a large saucepan of boiling salted water, cook sheets of lasagna in batches, 3 to 4 sheets at a time, until al dente. Immediately plunge them into cold water to stop the cooking process and transfer to a clean towel in a single layer to drain.

6. Butter 20-by-30-cm (8-by-12-inch) baking dish.

7. To assemble lasagna: Add a few tablespoons of bechamel to lightly cover bottom of baking dish. Add, in layers, 2 lasagna sheets, about a quarter of the mushroom mixture, a quarter of the remaining bechamel sauce, 30 ml (2 tbsp) grated Asiago and 30 ml (2 tbsp) grated Parmesan cheese. Repeat 4 times, adding cheese every other layer. For the top layer, finish with just grated cheese, about 125 ml (1/2 cup) of Asiago and 125 ml (1/2 cup) of Parmesan cheese. Add more cheese if you like.

8. Bake lasagna until filling is hot and bubbling and cheese is golden brown, 30 to 35 minutes. Let lasagna rest 10 minutes before cutting. Sprinkle with parsley and serve.

THE CANADIAN PRESS

Ingredients:

Bechamel Sauce
- 75 ml (1/3 cup) butter
- 75 ml (1/3 cup) plus 15 ml (1 tbsp) flour
- 1.25 l (5 cups) milk
- Salt and pepper, to taste

Lasagna
- 60 g (2 oz) dried porcini mushrooms
- Extra virgin olive oil
- Butter
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 kg (2 lb) fresh mixed mushrooms, such as cremini, shiitake and oyster
- 15 ml (1 tbsp) chopped fresh rosemary
- 30 ml (2 tbsp) each chopped thyme and sage
- 75 ml (1/3 cup) plus 15 ml (1 tbsp) white wine
- Salt and pepper, to taste
- 10 fresh lasagna sheets
- 250 ml (1 cup) each grated Parmesan and Asiago cheese
- 30 ml (2 tbsp) chopped fresh parsley

Drink of the week

The Canadian Mint

- 10 loose mint leaves, plus extra for garnish
- 15 ml (1 tbsp) simple syrup (recipe follows)
- 45 ml (3 tbsp) Canadian whisky
- 90 ml (3 oz) hot water

Place mint in heat-proof glass. Add syrup and muddle gently. Add whisky and top with boiling water. Stir and serve with mint sprig.

To make simple syrup: Bring equal parts sugar and water to a boil. Stir to dissolve and then let cool.

THE CANADIAN PRESS/ GIBSON'S FINEST CANADIAN WHISKEY

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‘We all have to start somewhere’

STUDENT VOICE

KRYSTAL YEE
TALENTEGG.CA

I graduated in 2006 from the Applied Communication Program at Camosun College in Victoria, B.C. It is a two-year program focusing on graphic design, journalism, broadcast radio, television and photography.

During my program, it seems so cliché to say that I worked hard, but I worked harder than I ever have before because I knew that once I left school with my two-year diploma, I’d probably have to be twice as employable as the graduate who held a degree.

My strategy from the first day of school was to focus on a marketing career. So even though I didn’t take a marketing program, all of the skills I was learning were directly applicable to any job within the marketing realm.

My passion has always been writing, but I did not want to specialize in anything and potentially pigeon-hole myself before I even landed my first job. So by opening up my skillset I felt like I could fit into whatever position was needed within a large marketing department, or I could be the go-to person within a smaller company.

Like most students, once I graduated, I had a huge pile of student loan and credit card debt to deal with. I knew I needed to get a job and eliminate my debt as fast as possible, so I kept my ear to the ground and started networking like crazy.

One day, I got word from a friend that there was an unadvertised opening for an entry-level clerk position within the provincial government. I wasn’t interested in being a clerk, but I decided to apply for the job anyway in order to practice my interview skills.

It turns out they were actually looking for someone with my kind of marketing skills — they just didn’t have the budget to have the position classified as anything higher than a clerk. It was the break that I had been waiting for. I snapped up the job on the spot and started the very next week.

It was also around that time that I started blogging online. I created my website, Give Me Back My Five Bucks (givemebackmyfivebucks.com), as a way to hold myself accountable for my debt, and to give myself an outlet for writing. It was because of my blog that I was able to eliminate all of my debt within 12 months.

Even though I only have a two-year diploma, I feel like I have been relatively successful in the last five years. I don’t have any remarkable skills, a huge network of influencers, or a lot of education to back me up but I’ve been able to succeed because of my hard work, determination, and the ability to create opportunities for myself.

When you are fresh out of school, all you need to focus on is getting your foot in the door. Normally, entry-level positions are not glamorous. In fact, it might not look anything like the dream job you’ve been imagining — but that’s OK! We all have to start somewhere. Do a good job with every task you are assigned, work hard, and be proactive in asking for more responsibility.

TALENTEGG.CA, CANADA’S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

What I learned

Key take-aways from Krystal’s experience.

- Don’t refuse a job because it doesn’t sound like your dream job — it can lead you there.
- Finding a job in a competitive market means you have to stand out and work hard.
- Start thinking about your career even from your first year of university or college.

SUBMITTED

▶ Krystal Yee

Where Krystal is now

I am currently living in Vancouver and working full-time in marketing for Mustang Survival Corporation – a company that manufactures and designs life jackets and cold water survival gear. I am also a freelance personal finance writer. I write a column called 20-something & Change at Moneyville.ca (a subsidiary of the Toronto Star), contribute weekly to Canadian Living and write on my own website, Give Me Back My Five Bucks.

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The best jobs to land while still learning

Juggling schoolwork and a side- job can be tough, so choose one that will pay off now and in the future Tip? Start polishing your people skills

ISTOCK

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CASSANDRA GARRISON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Whether you're just looking for some extra party cash or trying to make ends meet with tuition, the college job is vital to survival for many students. While there are many part-time options, some can prove to be more lucrative than others – you just need to know where to look. Here are five of the most well-paying jobs to have while you're in school, plus what you could earn, according to Indeed.com.

Restaurant Server/Bartender
Whether you're waiting tables at the classiest joint in town or slinging drinks at everybody's favourite dive bar, the cash potential is endless. If you're good at your job and know how to up-sell, you could be raking in hundreds of dollars per night. Sometimes, the best way to land one of these jobs is by being a regular first. (The friendly, chatty kind of regular, not the intoxicated, mouthy regular who gets thrown out.)

Personal Trainer
You get to make your own hours, plus your time at work doubles as your work out. You'll have to shell out some cash to get your certification, but you could be making upwards of $20 an hour! Not bad for a part-time job. Once you get certified, market yourself through Facebook and Twitter.

Administrative Assistant
For this job, you can venture to businesses both on-campus or off-campus. On-campus offices are probably more apt to hiring students and off-campus businesses can appreciate the savvy web and organizational skills of the modern college student. If you have mostly evening classes, personal assisting could be the perfect job for you, but it is certainly a time commitment. You might rake in as much as $15,000 a year. A polished resumé and an in-person visit is the best way to land one of these jobs.

Web Designer
Today's college students are more tech-savvy than any previous generation. Take advantage of the skills you have because employers are desperately searching for qualified people. If you have already designed a site, market it through social networking. Post an ad for your services on job sites and Craigslist. Drop into small businesses and speak with them about how a website might be able to boost revenue. There are many different types of web designers, but you could make about $20,000 a year through consistent part-time work.

Hotel Clerk or Manager
This type of job will look great on aa resumé and even give you a head start on your career if you plan to go into any type of management or hospitality. To get this job, show up looking sharp with a big smile and a professional resumé highlighting anything you've done that deals with people or service. The hourly wage will vary from place to place, but you could be making as much as $15,000 per year if you work 20 hours per week. Plus, people who work at front desks get to network with all kinds interesting guests.

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Join us on Wednesday, October 12 at 7:00 pm in Room E-114 in the John Ware Building.
Call 403.284.8081 or E-mail: bxst.info@sait.ca to confirm your attendance or for more information.

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Join us Wednesday, October 12 at 7:00 pm in the Chinook Lodge rotunda of the Senator Burns Building.
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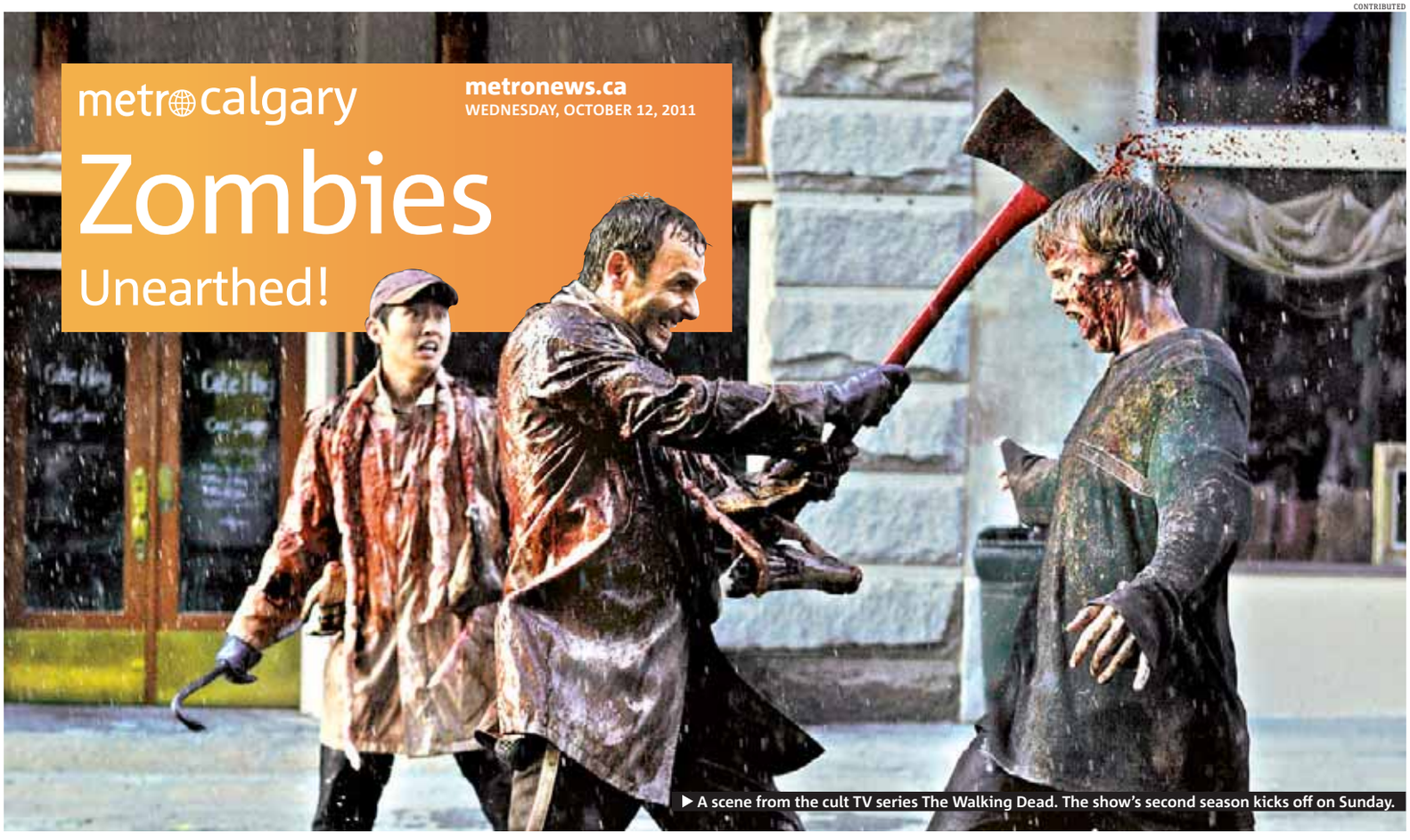

▶ A scene from the cult TV series The Walking Dead. The show's second season kicks off on Sunday.

Zombie love is a no-brainer

Move over, vampires ◐ Zombies are everywhere and rising in popularity ◐ Soon to be kings of the undead

PHYLICIA TORREVILLAS
@METRONEWS.CA

Sparkly vampires are all the rage right now, but zombies are knocking their fellow legions of the undead from their pedestal.

From zombie walks being held in cities across the world to television shows, video games and numerous books hitting the stores, people's fascination with zombies is spreading like a plague.

"Zombies have the upper hand," says University of B.C. film studies professor Ernest Mathijs, whose specialities include horror and fantasy film.

"Zombies are a kind of ingredient you can add to any cultural product and make it look slightly different," he said. "It will turn it into a funny parody of contemporary cultures, and somehow that appeals to cultures across the globe."

The idea of zombies originally came from the voodoo culture in Haiti. The word "zombi" was used to describe a brainless slave labourer raised from the dead by a bokor, or sorcerer.

"If zombie narratives go further in investing zombies with some capacity for personality and depth of characterization, it will probably come closer to being a variance on vampire stories."
PROF. GISELE BAXTER, UNIVERSITY OF BRITISH COLUMBIA

The now-familiar modern zombie was popularized and turned into a phenomenon in 1968 by way of the unexpected popularity of director George Romero's low-budget horror classic Night of the Living Dead.

Gisele Baxter of UBC's English department, who specializes in gothic culture and post-apocalyptic fiction, says Romero's film took the horror genre one step further.

"Romero was influential in spawning everyday horror that doesn't deal with mad scientists or externalized threats, but deals with threats we associate with nightmares, personal threats and very primal fears," she says.

The audience identifies with zombie stories because people today are fascinated and fearful of the possibility of an apocalypse, widespread annihilation or a viral pandemic, Baxter says.

The metaphorical possibilities and themes inherent in zombie stories also appeal to modern filmmakers because they can experiment with notions of what people would do to survive in a kill-or-be-killed world,

Both Mathijs and Baxter have been fascinated by the emergence of new, creative ways of incorporating the zombie factor into popular culture. One recent innovation is the spoof novel Pride and Prejudice and Zombies, which is being adapted into a film.

"When you think of Pride and Prejudice, the last thing you think about is zombies," Baxter says. "The juxtaposition of these immensely different things really fascinated people. Then it spawned a lot of copycat titles, which is very impressive because people found the energy and imagination to do anything with these titles."

Where to flee when the dead invade Calgary

If you can't get out the city, here are some tips to help you stay alive during a zombie apocalypse.

Zombie enthusiast and on-air talent for x92.9, James Callsen, says the first thing you should do is get up high.

"The higher up you get, the further you get from the zombies," says Callsen.

He says any downtown highrise will do as long as you take the steps to block or destroy the staircases.

Bankers Hall would be a prime location because of the amount of food in the building.

"You could hold up there for a while," says Callsen.

He also says Heritage Park would be a great location because it is fenced off and near a large water supply, which you could also use as a way to get around the city and escape the zombie hordes.

Turn your attention to the west side of the city and Canada Olympic Park could be a good place to fend off an impending zombie invasion, says Callsen.

It offers some unique protection as it's on the outskirts of the city and could be used as a getaway to the mountain — a typical safe spot from the undead man-eaters.

Callsen says anywhere that you can't access on foot (read: mountains) is a good place to hide away from the advancing zombie mob.

But his most important tip for the beginning of a zombie apocalypse is to not panic.

"Other humans would be more dangerous than zombies," says Callsen.

CANDICE WARD

Check out a zombie-walk photo gallery at metronews.ca/zombies

Zombify your look for Halloween

Achieving a gory zombie look — complete with sunken eyes and rotting flesh — may seem like a daunting task But professional makeup artist Dorota Buczel shows you how to pull it off in five easy steps

Do you want to look like you just stepped off the set of Night of the Living Dead this Halloween? You'll need: liquid latex, tissue paper or cotton balls, multi-colour makeup kit (white, black, green), fake blood, white powder or baby powder, tooth stain, charcoal powder, brushes and sponge. PHOEBE HO

▶ Makeup artist Dorota Buczel with her creation.

ALL PHOTOS CONTRIBUTED

Step 1
Apply liquid latex over clean skin to create the effect of peeling skin and wounds. For a more dramatic effect, you can mix cotton or pieces of tissue paper with latex. Once the latex dries, start peeling the edges to get the desired effect.

Step 2
With a makeup sponge, add a grey or greenish crème make-up base to the entire face, neck and any other exposed skin. All areas of flesh must be covered in makeup. Pay close attention to the jawline, hairline and hands.

Step 3
Use the black or dark grey colour from the multi-colour makeup kit and apply shadows with a sponge or brush around the eyes and cheekbones to achieve a sunken-in look.

Step 4
Add fake blood for desired effect and apply tooth stain.

Step 5
To create wrinkles and creases, squint and pucker up your lips while you apply white powder around your eyes and lips with a sponge.

BRAAAAINS!

We picked metropolitans' brains about zombies, and here's what they had to say:

The best Zombie Movies ever made were:

Night of the Living Dead	Shaun of the Dead	Resident Evil
R.I.P 21%	R.I.P 18%	R.I.P 16%

If you were faced with it – what would your weapon of choice be to fend off a Zombie attack?
1. Flamethrower
2. Lightsaber
3. .22 cal Assault Rifle

Top Canadian Metro City to escape to in a Zombie apocalypse?
Vancouver!

Which Canadian would make for the scariest Zombie?
Don Cherry

If a loved one was being mauled by a Zombie horde, what would you do?
Help fight off the Zombies with my weapon of choice
63%
Kill them before they turn into a Zombie
29%
Turn tail and run for my life!
8%

In a Zombie apocalypse, would you go it alone or build a team?
Solo
Team

If you were part of a team, what role would you play?
The Strategist
Sidekick
Team Leader

Who would you want on your Zombie fighting team?
1. Chuck Norris
2. Samuel L. Jackson
3. Lara Croft

What is your favourite type of Zombie?
Slow-moving Zombie

Where would be the scariest place to fight a Zombie horde?
Airplane

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

Source: Metropolitan Panel Survey; 439 Respondents; October 2011

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Metropolitan Panel

ZOMBIE APPROVED

SURVIVE A ZOMBIE OUTBREAK

Just in case you happen to find yourself face-to-face with the undead, here's what you shouldn't do

CHRIS ALEXANDER
SCENE@METRONEWS.CA

It's remarkable how the living dead have defined the post-millennium zeitgeist more than any other pop-culture entity.

From Max Brooks' best-selling novel World War Z (an upcoming film adaptation will star Brad Pitt) to a glut of first-person shooter videogames to mainstream television with AMC's The Walking Dead (now in its second season), the zombie has mysteriously reached the peak of his popularity.

But it's been a long, slow progression, a road littered with taboo and terror, and most of it can be traced back to the brain of one man, the master of zombie lore, George A. Romero.

It was Romero who, in 1968, took the basic thrust of Richard Matheson's shattering vampire apocalypse novel I Am Legend and brought the dead back to life with his game-changing black-and-white masterpiece Night of the Living Dead.

That film would spawn a series of rip-offs, sequels (Romero directed Dawn of the Dead in 1978 and followed that with four more Dead pictures; Dawn was remade in 2004) and eventually spoofs like Edgar Wright's smash-hit comedy Shaun of the Dead.

Look anywhere, look everywhere, and you'll see evidence of the zombie phenomenon surrounding us, trapping us, ready to eat us alive.

GETTY IMAGES

▶ George Romero

And that is what's so spooky about the concept of the zombie. They're us, back from our final rest, hungry to devour the people we once loved. Zombies are ugly, grotesque shadows of their former selves. They smell bad, as all their parts have long soured. And they're lethally dumb, driven only by an instinct to kill.

Zombies are not nice, and if, by some sort of biologically bad stroke of viral luck, Romero's fantastical prophecies were to come true, if mankind were to suddenly be under siege from a revolution of the dead ... what would we do?

Or more importantly, what shouldn't we do?

Metro thought long and hard about this and, using commentary from George Romero and his frequent collaborator, iconic FX wizard, director and actor Tom Savini, we now offer you a selection of "do nots" in the face of a potential zombie-geddon.

Do not. Attempt to out-swim the dead

HANDOUT

▶ Land of the Dead

Zombies aren't bears. As a few unfortunate characters in Romero's 2010 horror-western Survival of the Dead discover, they aren't afraid of the water

When rogue SWAT cops go for a dip to escape the ghouls, they soon discover the dead — who, remember, don't breathe — are excellent swimmers and have no problem eating whilst underwater.

Romero: I had underwater zombie stuff in Land and Diary but really played with it here. There is a lot of humour in Survival, but it's also really melancholic, less free-and-easy. Though at this stage of my life, I'm thinking of calling the next one — if there is a next one — Enough of the Dead!

Savini: Forget swimming. I go where there are places to run and things to hide behind, maybe up high, where I can blast away at them and they can't get to me.

See also: Zombie (1979) the Italian Dawn ripoff that sees an underwater zom attack a shocked skinny dipper before doing titanic battle with a great white shark!

Do not. Take the elevator

In Romero's incredibly influential 1978 epic Dawn of the Dead, a handful of survivors land their helicopter on the roof of Pittsburgh's Monroeville Mall and block out the corpses, creating a Shangri-la of material bliss.

But when the ghouls gain entrance as they always do, chopper pilot Fly Boy (David Emge) stupidly takes the lift. And when those doors open up, a horde of flesheaters burst in and ride with him. The following scenes are gory and should serve as a warning to potential zombie survivalists to always take the stairs.

Romero: Dawn is a romp, and I think it's the most entertaining of all the Dead films. I really cut loose and did it as "comic book," as I wanted to do it. But when Fly Boy gets it there's tragedy in there too.

Savini: The other thing Dawn teaches you is that your friends should not know where the hell you're hiding, just in case they become zombies with good memories.

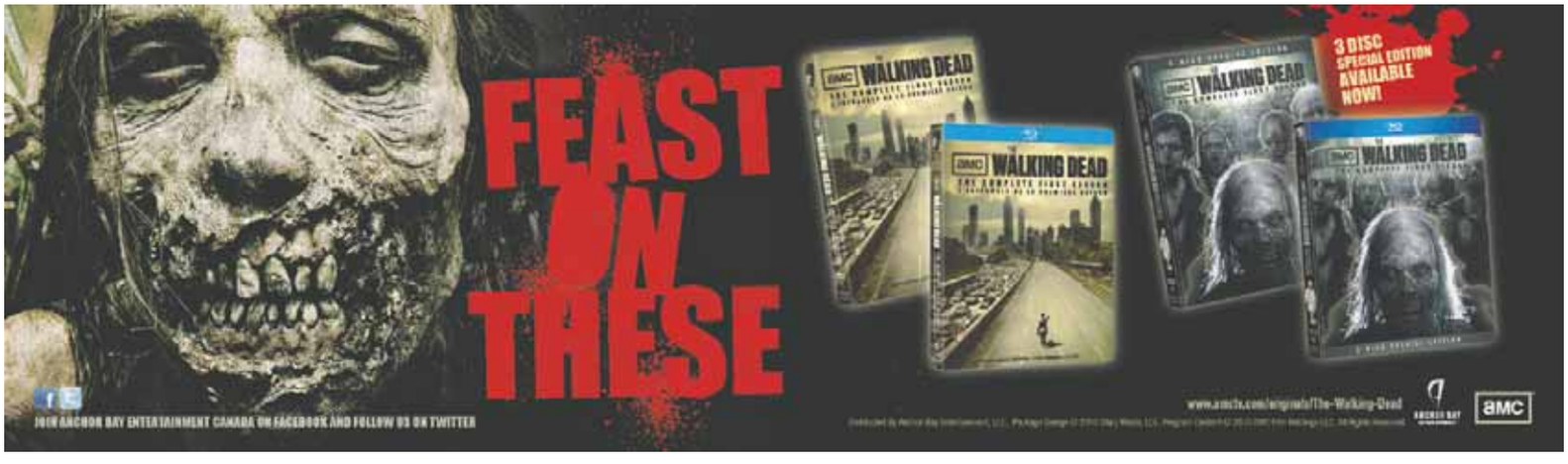
See also:: Resident Evil (2004), in which military types take an elevator to hell and encounter subterranean zombies of both human and canine persuasions.

▶ Survival of the Dead

HANDOUT

▶ Survival of the Dead

▶ Diary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AMC

HANDOUT

▶ The Walking Dead

HANDOUT

Do not. Marginalize or exploit the dead

Romero's post-Dawn remake comeback, 2005's Land of the Dead, saw the late Dennis Hopper as a capitalist swine who allows his fellow Republicans to hide in his multimillion-dollar condo while the dead population are hunted and slaughtered beyond his electrified fences. When a burly undead gas-station attendant named Big Daddy (Eugene Clark) tires of seeing his "people" treated as target practice, he leads the zombies into an all-out class struggle attack against their moneyed oppressors.

Romero: I think (Land) was the first time mainstream American critics saw the satire of my work, and I owe it all to George Bush! I think it's all there when Hopper says the line: "We do not negotiate with terrorists."

Savini: I played a machete-wielding zombie in Land, and George's direction was simple: "Slam the s–t out of the guy who comes up to me." So I did.

See also: The Omega Man (1971), in which a zombie-like cult of blinded ghouls try to kill any reminder of corporate America, including sole survivor Charlton Heston.

HANDOUT

y of the Dead

Do not. Upload your homemade zombie footage to YouTube

2007's Diary of the Dead saw Romero doing the faux-documentary approach with a bunch of contemporary, tech-savvy kids shooting the zombie outbreak with their camcorders and sticking the resulting mess onto the Internet.

Of course, in their mad quest to "shoot the dead" they forget that cannibal corpses don't give a damn about their 15 minutes of fame, and most of them get gobbled up, regardless of their cinematic pretensions.

Romero: Diary is about that eye in the sky that's watching us all and us pretending the problem doesn't exist. Never a good thing.

See also: The Zombie Ziaries (2007) is a similar first-person British movie where members of a crew try to film the unfilmable and end up players in their own drama.

Top 5 zombie flicks

5 **They Came Back (2004)**
Moody, masterful French chiller about the dead returning and trying to re-integrate themselves into their old lives and families.

4 **Tombs of the Blind Dead (1971)**
This Spanish shocker sees rotten, long-dead, blind templars crawling through crypts, listening for their prey.

3 **Return of the Living Dead (1985)**
What begins as a spoof of Romero's films slowly evolves into a blood-and-brains-soaked nightmare.

2 **Zombie (1979)**
The unofficial Italian prequel to Romero's Dawn, made by splatter master Lucio Fulci. Insane, delightfully disgusting.

1 The No. 1 pick (released in 1978) is fierce, funny and melancholy. To find out its title — and to see clips from all five films — visit metronews.ca/zombies.

CHRIS ALEXANDER, EDITOR-IN-CHIEF OF HORROR FILM MAGAZINE FANGORIA

ANATOMY OF A GHOUL

CHRIS ALEXANDER
SCENE@METRONEWS.CA

HEAD
Bulls-eye! Grey matter is what keeps the walking corpses walking. Destroy it and the zombie goes down ... again!

LUNGS
Nothin' doin'. Zombies don't breathe, remember?

ABDOMEN
Messy? Yes. Effective? No. But it's a trip to see the parts, boots and licence plates that spill out. Just like the shark in Jaws.

KNEES
A great alternative to the head. Removing the zombie's ability to walk or run gives you a chance to relax and concentrate on more important things ... like more rampaging zombies!

Think you'd be the last one standing in a zombie uprising? Try our quiz at metronews.ca/zombies to find out how you'd fare.

4 sports

Tigers show signs of life

Fister sharp, Cabrera comes through as Detroit beats Texas

5	2
TIGERS	RANGERS

Doug Fister delivered another strong start in a game Detroit needed and Miguel Cabrera homered and hit a tiebreaking double to lead the Tigers past the Texas Rangers 5-2 last night in Game 3 of the AL championship series.

Detroit dropped the first two games in Texas before turning to Fister, who won the decisive fifth game of the division series at Yankee Stadium last week. He was sharp again, allowing two runs and seven hits with no walks in 7⅓ innings.

Jose Valverde, after pitching a season-high two innings the day before, worked around a leadoff double in the ninth for his third playoff save. He got some help from Cabrera, who made a diving play at first base.

"It's going to be a long series," Cabrera said. "Nobody (said) it's going to be easy. You've got to be patient."

Game 4 is this afternoon. Matt Harrison starts for Texas against Rick Porcello — both went 14-9 this season.

Cabrera's double in the fifth put the Tigers ahead 2-1 and he added a towering solo homer in the seventh.

Victor Martinez and Jhonny Peralta also went deep for the Tigers. Austin Jackson broke out of his post-season slump with three hits, including an RBI single.

Texas right-hander Colby Lewis, who entered 4-0 in five post-season starts, allowed four runs and eight hits in 5⅔ innings. He struck out six and walked two.

Stung by Nelson Cruz's game-ending grand slam Monday, the Tigers returned home hoping to shake out of their offensive funk. They fell behind 1-0 when Fister allowed three consecutive singles to start the game, but the six-foot-eight right-hander held the Rangers in check after that, even striking out Cruz to end the seventh as the towel-waving crowd at Comerica Park roared its approval.

THE ASSOCIATED PRESS

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Victor Martinez reacts to hitting a solo home run in the fourth inning.

Quoted

"It's the same as usual — I feel good. It went good today and I'm excited to be home."

SIDNEY CROSBY. CROSBY WENT THROUGH ANOTHER PITTSBURGH PENGUINS MORNING SKATE WITHOUT CONTACT YESTERDAY AS HE CONTINUES TO RECOVER FROM A CONCUSSION.

Scan code for more sports news.

First impressions of the faltering Flames

THE HOCKEY NEWS

BRIAN COSTELLO
CALGARY@METRONEWS.CA

Not such a great start to the Flames season, is it?

Two straight humbling losses is still far too early to panic if you're coach Brent Sutter or GM Jay Feaster, but it's forgivable if Calgary fans start sounding skeptical or nervous.

What about all this strength at the centre position? What about the plan to limit Miikka Kiprusoff to about 60 games or so and work Henrik Karlsson into crease for the other 20 to 25? What about the defence that has added mobility and a new bent toward supplementing the offence?

It's fair to give these guys another half-dozen games or so to determine if this is just a bad start or ultimately a bad team having a bad start. In the meantime, here are some first impressions I'm left with:

• The new defensive pairing of Jay Bouwmeester and Chris Butler looks like one of the most passive tandems in the league.

Yes, both have other attributes like skating, defensive positioning, reach, etc., but opposing teams will have a field day winning physical battles against them. J-Bo has never been much of a hitter (just 73 in 82 games last season) and Butler had just 38 hits in 49 games for Buffalo in 2010-11. By comparison, Robyn Regehr, the defender Butler is replacing, had 180 hits last season.

In the two early season losses, Calgary's new stingless B's combined for two hits and a minus-3.

• Lee Stempniak looks like a real keeper to receive top-six forward minutes. It's also looking more and more evident that 20-year-old rookie Roman Horak fits in better as a No. 4 centre than Matt Stajan, when Mikael Backlund and Brendan Morrison return from injuries.

Horak has speed, offensive smarts, plays a dogged checking game and is better on faceoffs than Stajan, who isn't cut out to be a checker.

• It's all fine for Sutter and Feaster to say they're going to avoid overworking Kiprusoff this season, but when the alternative is a very predictable Karlsson, that plan will have to be changed.

The "Calgary Tower" may be one of the league's tallest stoppers at six foot five, but he effectively plays at four foot eight because he's always down on his knees. The word got out early last season to shoot high on the butterfly goalie and that's what every shooter with more than a split second is doing.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	4	3	0	0	1	14	10	7	1-0-0-0	2-0-0-1	3-0-0-1	W1
d-Washington	2	2	0	0	0	10	8	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Buffalo	2	2	0	0	0	8	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Toronto	2	2	0	0	0	8	5	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
Philadelphia	2	2	0	0	0	5	1	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
Tampa Bay	3	1	1	0	1	11	11	3	0-0-0-0	1-1-0-1	1-1-0-1	L2
Montreal	2	1	1	0	0	5	3	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Florida	2	1	1	0	0	4	4	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
New Jersey	2	1	1	0	0	4	5	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Islanders	2	1	1	0	0	2	3	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Rangers	2	0	0	1	1	3	4	2	0-0-0-0	0-0-1-1	0-0-1-1	L2
Ottawa	3	1	2	0	0	12	14	2	1-0-0-0	0-2-0-0	1-2-0-0	W1
Boston	3	1	2	0	0	5	4	2	1-2-0-0	0-0-0-0	1-2-0-0	L1
Carolina	3	0	2	1	0	6	13	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Winnipeg	1	0	1	0	0	1	5	0	0-1-0-0	0-0-0-0	0-1-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	2	2	0	0	0	8	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-Dallas	3	2	1	0	0	6	7	4	2-0-0-0	0-1-0-0	2-1-0-0	W1
d-Vancouver	2	1	0	0	1	6	6	3	0-0-0-1	1-0-0-1	1-0-0-1	W1
Nashville	2	2	0	0	0	7	4	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
Minnesota	3	1	1	0	1	8	8	3	1-0-0-0	0-1-0-1	1-1-0-1	L2
San Jose	1	1	0	0	0	6	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Edmonton	1	1	0	0	0	2	1	2	1-0-0-0	1-0-0-0	1-0-0-0	W1
St. Louis	2	1	1	0	0	7	6	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
Chicago	2	1	1	0	0	6	4	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Los Angeles	2	1	1	0	0	5	6	2	1-1-0-0	0-0-0-0	1-1-0-0	L1
Anaheim	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Colorado	2	1	1	0	0	1	3	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Phoenix	2	0	1	0	1	4	8	1	0-0-0-0	0-1-0-1	0-1-0-1	L2
Calgary	2	0	2	0	0	5	10	0	0-1-0-0	0-1-0-0	0-2-0-0	L2
Columbus	3	0	3	0	0	6	10	0	0-2-0-0	0-1-0-0	0-3-0-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Ottawa 4 Minnesota 3 (SO)
Pittsburgh 4 Florida 2
Monday's results
Vancouver 3 Columbus 2
St. Louis 5 Calgary 2
Colorado 1 Boston 0
Dallas 2 Phoenix 1 (SO)
New Jersey 4 Carolina 2
N.Y. Islanders 2 Minnesota 1
Washington 6 Tampa Bay 5 (SO)
Tonight's games
All times Eastern
Colorado at Columbus, 7 p.m.
Vancouver at Philadelphia, 7:30 p.m.
Boston at Carolina, 7:30 p.m.
Tomorrow's games
Los Angeles at New Jersey, 7 p.m.
Tampa Bay at N.Y. Islanders, 7 p.m.
Washington at Pittsburgh, 7 p.m.
Calgary at Montreal, 7:30 p.m.
Colorado at Ottawa, 7:30 p.m.
Vancouver at Detroit, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Edmonton at Minnesota, 8 p.m.
Winnipeg at Chicago, 8:30 p.m.
St. Louis at Dallas, 8:30 p.m.
Friday's games
Carolina at Buffalo, 7:30 p.m.
San Jose at Anaheim, 10 p.m.

SENATORS 4, WILD 3 (SO)

First Period
1. Minnesota, Brodziak 1 (Stoner) 8:41
2. Minnesota, Setoguchi 2 (Koivu, Heatley) 19:11 (pp)
Penalties — Latendresse Min (hooking) 0:18, Kassian Min (fighting), Konopka Ott (instigating, fighting, misconduct) 9:39, Spezza Ott (slashing) 18:40.
Second Period
3. Ottawa, Foligno 1 (Regin, Neil) 8:17
Penalties — Bulmer Min (charging) 4:08, Powe Min (tripping) 14:13.
Third Period
4. Minnesota, Johnson 1, 1:56
5. Ottawa, Neil 1 (Regin, Phillips) 6:13
6. Ottawa, Greening 2 (Michalek, Karlsson) 8:22 (pp)
Penalties — Clutterbuck Min, Michalek Ott (roughing) 6:13, Zidlicky Min (high-sticking) 6:50.
Overtime — No Scoring.
Penalties — None.
Shootout
(Ottawa wins 3-1)
Ott (3) — Michalek, goal; Spezza, goal; Alfredsson, goal; **Min** (1) — M.Koivu, miss; Cullen, goal.
Shots on goal

Minnesota	12	2	9	4	—27
Ottawa	16	13	13	2	—44

Goal — Min: Backstrom: (L,1-1-1); **Ott**: Anderson: (W,1-1-0). **Power plays (goals-chances)** — Minnesota: 1-2; Ottawa: 1-4.
Referees — Stephane Auger, Don Van Massenhoven. **Linesmen** — Steve Barton, Derek Nansen.
Attendance — 19,455 (19,153) at Ottawa.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7 series)
All times Eastern

AMERICAN LEAGUE

TEXAS (W) VS. DETROIT (C)
(Texas leads 2-1)
Last night's result
Detroit 5 Texas 2
Monday's result
Texas 7 Detroit 3 (11 inn.)
Tonight's game
Texas (Harrison 14-9) at Detroit (Porcello 14-9), 4:19 p.m.
Tomorrow's game
Texas at Detroit (Verlander 24-5), 4:19 p.m.
Saturday's game
x-Detroit (Scherzer) at Texas, 8:05 p.m.
Sunday's game
x-Detroit (Fister) at Texas, 8:05 p.m.

NATIONAL LEAGUE

MILWAUKEE (C) VS. ST. LOUIS (WC)
(Series tied 1-1)
Monday's result
St. Louis 12 Milwaukee 3
Tonight's game
Milwaukee (Gallardo 17-10) at St. Louis (Carpenter 11-9), 8:05 p.m.
Tomorrow's game
Milwaukee (Wolf 13-10) at St. Louis (Lohse 14-8), 8:05 p.m.
Friday's game
Milwaukee at St. Louis, 8:05 p.m.
Sunday's game
x-St. Louis at Milwaukee, 4:05 or 8:05 p.m.
Monday, Oct. 17
x-St. Louis at Milwaukee, 8:05 p.m.
x — if necessary.

TIGERS 5, RANGERS 2

Texas	ab	r	h	bi	Detroit	ab	r	h	bi
Kinsler 2b	3	1	2	1	AJcksn cf	5	1	3	1
Andrus ss	3	0	1	0	RSantg 2b	4	0	1	0
JHmltn cf	4	0	2	1	MiCarr 1b	4	1	2	2
MiYong 1b	4	0	0	0	VMrtnz dh	2	1	1	1
ABeltre 3b	4	0	0	0	Kelly 3b-rf	4	0	0	0
Napoli dh	4	0	0	0	JhPerlt ss	4	1	2	1
N.Cruz rf	3	0	0	0	Avila c	4	0	0	0
Torreal c	3	1	3	0	Raburn lf	4	0	1	0
EnChvz lf	3	0	0	0	Dirks rf	3	1	1	0
Inge 3b	1	0	0	0					
Totals	**31**	**2**	**8**	**2**	**Totals**	**35**	**5**	**11**	**5**

Texas	**100**	**000**	**010** — **2**
Detroit	**000**	**112**	**10x** — **5**

DP—Detroit 2. LOB—Texas 4, Detroit 8. 2B—J.Hamilton (2), Torrealba (1), Mi.Cabrera (2), Raburn (1). HR—Mi.Cabrera (1), V.Martinez (1), Jh.Peralta (1). SB—Dirks (1). S—Andrus.

	IP	H	R	ER	BB	SO
Texas						
C.Lewis L,0-1	5 2-3	8	4	4	2	6
Uehara	2-3	2	1	1	0	0
D.Oliver	1	0	0	0	0	1
Tateyama	2-3	1	0	0	0	0
Detroit						
Fister W,1-0	7 1-3	7	2	2	0	3
Benoit	2-3	0	0	0	0	1
Valverde S,1-1	1	1	0	0	0	1

HBP—by Fister (Kinsler).
Umpires—Home, Jim Wolf; First, Fieldin Culbreth; Second, Jeff Nelson; Third, Tom Hallion; Right, Larry Vanover; Left, Tim Welke.
T—3:08. A—41,905 (41,255).

CFL

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Winnipeg	14	9	5	0	350	326	18
x-Montreal	14	9	5	0	435	342	18
Hamilton	14	7	7	0	395	389	14
Toronto	14	3	11	0	282	400	6

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-B.C.	14	8	6	0	400	304	16
x-Calgary	14	8	6	0	395	381	16
x-Edmonton	14	8	6	0	329	318	16
Saskatchewan	14	4	10	0	276	402	8

x — clinched playoff berth.
Monday's results
Edmonton 17 Saskatchewan 1
Montreal 29 Toronto 19
WEEK 16
Friday's game
All times Eastern
Calgary at Toronto, 7:30 p.m.
Saturday's game
Winnipeg at Edmonton, 7 p.m.
Sunday's games
Hamilton at Montreal, 1 p.m.
B.C. at Saskatchewan, 4 p.m.

SOCCER

MLS

EASTERN CONFERENCE	GP	W	L	T	GF	GA	Pt
Philadelphia	32	11	7	14	43	34	47
Kansas City	32	11	9	12	47	40	45
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	43
New York	32	9	7	16	49	42	43
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	37
Toronto	32	6	13	13	33	56	31
New England	32	5	15	12	36	53	27

WESTERN CONFERENCE	GP	W	L	T	GF	GA	Pt
x-Los Angeles	32	18	4	10	46	25	64
x-Seattle	32	16	7	9	51	35	57
x-Salt Lake	32	15	11	6	43	35	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	36
San Jose	32	7	11	14	35	41	35
Vancouver	31	5	16	10	32	50	25

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Tonight's games
All times Eastern
Dallas at Chicago, 8:30 p.m.
D.C. United at Vancouver, 10 p.m.
Friday's games
Houston at Portland, 10:30 p.m.
Real Salt Lake at Colorado, 10:30 p.m.
Saturday's games
Toronto at Philadelphia, 4 p.m.
New York at Kansas City, 4 p.m.
Chicago at D.C. United, 7:30 p.m.
Columbus at New England, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
San Jose at Seattle, 10:30 p.m.

2014 WORLD CUP QUALIFYING

SECOND ROUND
Last night's result
At Toronto
Puerto Rico 0 **Canada 0**

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
Buffalo	4	1	0	.800	164	120
New England	4	1	0	.800	165	119
N.Y. Jets	2	3	0	.400	121	125
Miami	0	4	0	.000	69	104

SOUTH	W	L	T	Pct	PF	PA
Houston	3	2	0	.600	127	95
Tennessee	3	2	0	.600	105	94
Jacksonville	1	4	0	.200	59	115
Indianapolis	0	5	0	.000	87	136

NORTH	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	3	2	0	.600	110	94
Pittsburgh	3	2	0	.600	102	89
Cleveland	2	2	0	.500	74	93

WEST	W	L	T	Pct	PF	PA
San Diego	4	1	0	.800	120	109
Oakland	3	2	0	.600	136	133
Kansas City	2	3	0	.400	77	150
Denver	1	4	0	.200	105	140

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	2	0	.600	127	123
Dallas	2	2	0	.500	99	101
Philadelphia	1	4	0	.200	125	132

SOUTH	W	L	T	Pct	PF	PA
New Orleans	4	1	0	.800	157	125
Tampa Bay	3	2	0	.600	87	125
Atlanta	2	3	0	.400	104	130
Carolina	1	4	0	.200	116	132

NORTH	W	L	T	Pct	PF	PA
Green Bay	5	0	0	1.000	173	111
Detroit	5	0	0	1.000	159	89
Chicago	2	3	0	.400	107	122
Minnesota	1	4	0	.200	111	106

WEST	W	L	T	Pct	PF	PA
San Francisco	4	1	0	.800	142	78
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	4	0	.000	46	113

Monday's result
Detroit 24 Chicago 13
WEEK 6
Sunday's games
St. Louis at Green Bay, 1 p.m.
Jacksonville at Pittsburgh, 1 p.m.
Philadelphia at Washington, 1 p.m.
San Francisco at Detroit, 1 p.m.
Carolina at Atlanta, 1 p.m.
Indianapolis at Cincinnati, 1 p.m.
Buffalo at N.Y. Giants, 1 p.m.
Cleveland at Oakland, 4:05 p.m.
Houston at Baltimore, 4:05 p.m.
Dallas at New England, 4:15 p.m.
New Orleans at Tampa Bay, 4:15 p.m.
Minnesota at Chicago, 8:20 p.m.
Byes: Arizona, Denver, Kansas City, San Diego, Seattle, Tennessee
Monday, Oct. 17
Miami at N.Y. Jets, 8:30 p.m.

TENNIS

ATP

SHANGHAI ROLEX MASTERS

At Shanghai
Singles — First Round
Milos Raonic, Thornhill, Ont., def. Michael Llodra, France, 6-7 (2), 6-2, 7-6 (5).
Feliciano Lopez, Spain, def. Janko Tipsarevic (9), Serbia, 7-6 (2), 7-6 (3).
Ryan Harrison, U.S., def. Viktor Troicki (11), Serbia, 6-3, 6-3.
Alexandr Dolgopolov (12), Ukraine, def. Lukasz Kubot, Poland, 6-4, 7-6 (6).
Jurgen Melzer (14), Austria, def. Ivan Ljubicic, Croatia, 6-4, 6-2.
Kei Nishikori, Japan, def. Robin Haase, Netherlands, 0-6, 7-5, 7-6 (5).
Dmitry Tursunov, Russia, def. Thomaz Bellucci, Brazil, 6-7 (5), 6-4, 7-5.
Radek Stepanek, Czech Republic, def. Zhang Ze, China, 6-3, 6-3.
Alex Bogomolov, Jr., U.S., def. Marcel Granollers, Spain, 6-2, 6-3.
Albert Ramos, Spain, def. Marin Cilic, Croatia, 6-3, 6-4.
Singles — Second Round
Bernard Tomic, Australia, def. Mardy Fish (5), U.S., 4-6, 6-1, 6-4.
Nicolas Almagro (7), Spain, def. Tommy Robredo, Spain, 7-5, 6-3.
Gilles Simon (8), France, def. Albert Montanes, Spain, 6-1, 6-1.
Andy Roddick (10), U.S., def. Grigor Dimitrov, Bulgaria, 7-6 (3), 7-5.
Stanislas Wawrinka (13), Switzerland, def. Donald Young, U.S., 6-7 (5), 7-6 (2), 6-2.
Florian Mayer (15), Germany, def. David Nalbandian, Argentina, 6-3, 6-4.

WTA

GENERALI LADIES LINZ

At Linz, Austria
Singles — First Round
Petra Kvitova (1), Czech Republic, def. **Rebecca Marino, Vancouver,** 6-2, 6-2.
Jelena Jankovic (3), Serbia, def. Kateryna Bondarenko, Ukraine, 4-1 (retired).
Anastasia Pavlyuchenkova (4), Russia, def. Anabel Medina Garrigues, Spain, 6-4, 2-6, 6-3.
Julia Goerges (6), Germany, def. Anastasija Sevastova, Latvia, 6-4, 3-6, 7-6 (7).
Dominika Cibulkova (7), Slovakia, def. Elena Baltacha, Britain, 4-6, 7-6 (3), 1-0 (retired).
Anna Keothavong, Britain, def. Ekaterina Makarova, Russia, 6-4, 6-1.
Evgeniya Rodina, Russia, def. Magdalena Rybarikova, Slovakia, 6-3, 2-1 (retired).

HP JAPAN OPEN

At Osaka, Japan
Singles — First Round
Sam Stosur (1), Australia, def. Noppawan Lertcheewakarn, Thailand, 6-3, 3-6, 7-5.
Angelique Kerber (3), Germany, def. Kurumi Nara, Japan, 6-2, 6-1.
Petra Cetkovska (4), Czech Republic, def. Kimiko Date-Krumm, Japan 6-2, 7-6 (2).
Jarmila Gajdosova (5), Australia, def. Aiko Nakamura, Japan, 6-0, 6-1.
Ayumi Morita (6), Japan def. Zhang Shuai, China, 7-6 (3), 6-2.
Zheng Jie, China, def. Zuzana Kucova, Slovakia, 6-1, 6-1.
Erika Sema, Japan, def. Mandy Minella, Luxembourg, 6-3, 6-3.

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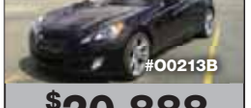

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Longer and wider

Kia's California-based stylists really sharpened their pencils (or computer programs) in designing the new Rio duo and devised a larger canvas on which to do it.

Both the sedan and hatchback 5-Door are a bit longer and wider than their predecessors and the distance between their front and rear wheels has grown by a leg-stretching three inches.

The sheetmetal is now much more pleasing, especially on the slinkier hatch that has its own grille, bumper and, of course, rear door.

Idle Stop and Go

The powerplant's claim to fame is the adoption of what Kia calls Idle Stop and Go (ISG). This feature, available only in combination with the automatic transmission, shuts down the engine when the Rio comes to a complete stop, then instantly fires it up again when the brake pedal is released.

ISG is part of an optional Eco Dynamics Package that includes a special alternator that disengages under high engine load (such as when heading up a hill) to reduce power-sapping drag and improve fuel economy.

Engine

The Rio's power output has been significantly increased. The 1.6-litre four-cylinder produces 138 horses and 123 pound-feet of torque. That's a gain of 28 horses and 16 pound-feet of torque compared to the outgoing 1.6, which is significant on a 1,135-kilogram vehicle.

The lighter-by-13 kilograms engine is connected to a six-speed manual transmission or an optional six-speed automatic.

▶ Kia has done a good job of creating a sedan that doesn't look droopy at the ends. From this angle, you can also see that the headlights stretch up the front fender more than half way. Remember when headlights used to be on the front of a car?

Kia Rio: Good things come in small packages

MALCOLM GUNN
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WHEELBASE MEDIA

It can now be carved in stone with absolute certainty that the dumbed-down, stripped-bare small-car era is officially over. And we have cars such as the 2012 Kia Rio to thank for pushing high-tech and comfort features down to the lowest limb on the automotive tree.

The all-new Rio sedan and Rio 5-Door hatchback bear little resemblance to their predecessors that took a minimalist approach and backed it up with styling and features that defined utilitarian.

But, hey, that worked for the Rio and its Hyundai Accent relation (Hyundai owns Kia), as well as for just about every other entry-level car on the planet.

It's amazing what a little bar-raising competition has done for what was once the low-rent category. Nowadays, the market is teeming with really decent base rides, including the Ford Fiesta, Toyota Yaris, Mazda2, Honda Fit, Nissan Versa and the upcoming Chevrolet Sonic, to name some of the class leaders.

At a base price of $15,650 for the hatchback (pricing for the sedan hasn't been set yet), the Rio models appear to have established category benchmarks for fashion and substance that will be hard to top, but easy for small-car shoppers to swallow.

Kia Rio

What you should know about the 2012 Kia Rio/Rio 5-Door:

- **Types:** Four-door, front-wheel-drive sub-compact sedan/hatchback.
- **Engine (hp):** 1.6-litre DOHC I4 (138).
- **Transmission:** Six-speed manual; Six-speed automatic (opt.).
- **Mileage:** L/100 km (city/hwy) 6.6/4.9 (AT).

5 drive

By comparison

Ford Fiesta
Base price: $14,500
All-new sedan and hatchback models are easy on the eyes and easy on gas.

Chevrolet Sonic
Base price: $16,000
New Aveo replacement offers lots of power plus good fuel economy.

Honda Fit
Base price: $15,900
Highly practical and roomy wagon with a peppy powerplant.

WHEELBASE MEDIA

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FUEL EFFICIENCY FACES INTRIGUING PARADOX

AUTO PILOT

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We instinctively equate fuel efficiency with fuel conservation, but they are completely different concepts. If fact, fuel efficiency can actually lead to more fuel consumption.

CONTRIBUTED

▶ The Chevrolet Sonic

This disturbing notion was first documented in a scholarly way, back in 1865, by the British economist, W. Stanley Jevons.

He argued that the technological improvements, which increased the amount of energy one could extract out of a certain amount of coal, actually led to more coal use, not less. The notion has since been known as the Jevons Paradox.

I had my own Jevons Paradox moment this past weekend. I made an extra run to my ancestral bungalow, 100 kilometres away, mostly because I had access to a very efficient vehicle — the cute and zippy Chevrolet Sonic.

With the Sonic's highway fuel consumption rating of 5.1 L/100 km, the 200 km round trip burned up about 11 litres of regular, at $1.22 per, for an estimated expenditure of about 13 bucks.

If my only vehicle option had been my '67 Jaguar E-type, I wouldn't have went, because the round trip would have cost me about $35 in premium fuel, about $2 in heavy weight engine oil, and about a day or two off my life expectancy, due to the physical and emotional stress of watching the Jaguar's coolant temperature gauge flirting with disaster for two solid hours. But I did have the Sonic, so I went. Net result: I used 11 "more" litres of gasoline than I would have, had I been Sonic-less.

We take more car trips and drive more annual kilometres than we did 40 years ago, and that means we consume more gasoline than we did 40 years ago, even factoring in the fantastic fuel efficiency gains we've made over the same period.

Now, we're contributing significantly less greenhouse gases per vehicle trip, because the vehicles run a lot cleaner, so that's something.

Rising numbers

Canadian Gasoline Sales

- 2000: 36.3 billion litres
- 2001: 36.6 billion litres
- 2002: 37.9 billion litres
- 2003: 38.4 billion litres
- 2004: 38.9 billion litres
- 2005: 38.5 billion litres
- 2006: 38.7 billion litres
- 2007: 39.6 billion litres
- 2008: 39.1 billion litres
- 2009: 39.7 billion litres
- 2010: 40.6 billion litres

STATISTICS CANADA

But if we collectively think we'll fix everything by chipping away at the fuel numbers, we won't, because the more fuel-efficient vehicles become, the cheaper it becomes to consume fuel. We're on a path to efficiently consume more and more fuel.

Economists, especially those with a free market bent, tell us there is one, sure-fire way to change consumer behaviour — the brute force of high price.

But do we want a world where fuel prices are so high only the rich get to drive? I say, "nay."

Actually I would say, "nay, nay, really nay." I guess we could also allocate fuel via a voucher system, as used by post-war Britain for many years.

What would really help, however, is if someone came up with a new paradox, one that would be easier to get your head around than Jevons Paradox, and where the outcome would always be awesome.

That's your assignment for this week. No extensions.

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Honda LEEDs way at new head office

Eco-friendly building was three years in the making

JIL MCINTOSH/FOR METRO

▶ Honda achieved a 44 per cent water saving at the new building.

DRIVING FORCE

JIL McINTOSH
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All automakers are working to make their vehicles more environmentally-friendly, but sustainability involves all aspects of the auto industry. That's why Honda designed its new headquarters in Markham, Ont. to meet LEED (Leadership in Energy and Environmental Design) standards.

"It took us three years to build and move in," says Barry Holt, Honda's vice-president of finance and information services.

"To date, Honda has 11 LEED-certified facilities (in North America), and this is the only one in Canada."

The Honda head office "campus" consists of three buildings — offices, parts warehouse and a technical centre — on 54 acres of land. It recently was awarded Gold status by LEED.

It's not just enough to incorporate recycled materials or reduce the construction trash that goes to landfills, although Honda did that.

It started well before the first shovel went into the ground with habitat preservation, since the complex was built on a farmer's field. This meant ensuring that forests or ponds didn't have to be taken out. A large portion of the property has been given over to green space, and some 1,000 trees, 5,000 shrubs and 2,700 perennials have been planted.

Water is always a key issue with sustainability, and the Honda building uses a storm water system that collects rainwater and stores it in an underground cistern for irrigation.

Throughout its first summer, an especially hot and dry one, the company kept its green stuff growing without using any city water.

Run-off from the large parking lots is funnelled into bio-filters, which use rocks and paper filters in the ground.

The buildings have white roofs to reduce air conditioning use; heating and cooling vents run in the floors rather than overhead, which save energy; rooms are equipped with motion sensors to turn off lights when not needed; and low-flow toilets and faucets reduce water use.

The company has achieved a 44 per cent water saving and 32 per cent energy consumption saving over the LEED baseline.

Part of this comes from designing the building with a north-south orientation, large windows and open floor spaces where natural light coming in through the glass reduces the amount of artificial light required.

"We even use 'green' cleaning products such as soaps and solvents," Holt says.

"There are 30 bicycle spots and showers for employees who bike to work, along with hybrid vehicles in the office fleet. It's a tangible demonstration of our ongoing commitment to the environment."

Solar power

▶ Honda is experimenting with solar panels at its head office; the panels are from Soltec, a Japanese company that Honda owns. While the system is still under testing, the campus was built to be ready for solar power when it's available.

$100M

Honda's new Canadian headquarters campus, located in Markham, Ont., represents a $100 million investment in the land and buildings.

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2011 Dodge Grand Caravan Crew shown.§

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Xbox. Forza 4

▶ Rainbow Sun Francks from CTV's The Listener and ConsoleCreatures.com and Daniel Morad, GP3 Series professional race car driver, rush to the finish line in Forza Motorsport 4 for Xbox 360 at the official launch event held last week at Downtown Mercedes-Benz. Forza Motorsport 4 launched yesterday, exclusively for Xbox 360.

MICROSOFT CANADA

Long wait for Forza fans finally over

How to get the most mileage out of every tank of fuel this winter

Follow these fuel-efficiency driving tips from Natural Resources Canada and make fewer trips to the gas station this winter:

• Avoid aggressive driving behaviours, such as quick starts and hard stops — they can increase your fuel consumption by up to 25 per cent.

• Drive at the posted speed limit — decreasing your cruising speed from 120 km/h to 100 km/h will decrease fuel consumption by approximately 20 per cent.

• Don't idle — idling for more than 60 seconds uses more fuel and produces more CO2 than restarting your engine.

• Use cruise control — on dry, flat, wide-open highways, use cruise control to help improve fuel efficiency by maintaining an even and steady speed.

• Take the most fuel-efficient route — routes with fewer stop lights and less traffic may use less fuel than shorter routes with more stop lights and heavy traffic.

• Measure your tire pressure once a month — under-inflated tires by 56 kilopascals (eight pounds per square inch) can increase your vehicle's fuel consumption by up to four per cent.

• Calculate your mileage — set your trip odometer every time you fill up and challenge yourself to go farther and farther on each tank of fuel.

NEWS CANADA

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▶ The new 2012 Range Rover Evoque, which includes Terrain Response.

Driving successfully on challenging terrain involves more than just steering the wheels. You need to know when to lock in the four-wheel system, how much throttle to use, and when to brake while going down steep hills.

Land Rover makes it easier with its Terrain Response system. When the driver turns a dial to the type of road surface — Standard, Grass/Gravel/Snow, Mud & Ruts, Sand, and on some vehicles, Rock Crawl — the vehicle automatically optimizes its various systems for the conditions.

Off road

- Despite what you see in the movies, most off-road driving isn't fast. The driver goes slowly to minimize vehicle and environmental damage.

"Terrain Response modifies numerous aspects of the vehicle to give a co-ordinated, all-encompassing improvement for the vehicle," says Karl Richards, principal engineer of stability control systems and Terrain Response at Land Rover. "All of the systems that can affect the car's performance on any particular surface are optimized for each program."

Each setting electronically changes numerous systems. These include the stability control program; throttle and engine response; how the transmission shifts; the brake pressure release rates; the level of power steering assistance; and delivering the right amount of engine power to the front or rear wheels, as needed.

The settings also vary the amount of permitted yaw, measuring how far the vehicle is off its intended course. The stability control must work immediately if you start to slide sideways on a snowy city road, but should be less aggressive when you're slowly pitching back and forth through a rocky field.

It can be tricky when driving off-road to brake properly going down a steep, slippery hill. A system called hill descent control makes it simple: it automatically uses the brakes and vehicle stability control to take the vehicle slowly and safely down the hill with minimal slipping, and all the driver has to do is steer.

On vehicles such as the new Range Rover Evoque, a "Dynamic" program may also be available, which tightens the suspension and provides a sportier driving experience on paved roads.

Many four-wheel-drive vehicles include "low range," a lower gear ratio that multiples the engine's power at low speeds and enables the vehicle to climb steep hills or tackle very rough terrain. Terrain Response includes low range but goes beyond it, Richards says.

"Providing a low-range transfer case on its own does provide a good breadth of capability for the driveline, but does not improve the other areas of the vehicle simultaneously, and therefore has limitations on the ultimate performance and driver experience that can be achieved."

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A sensible alternative to most coupes

SECOND GEAR

JUSTIN PRITCHARD
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2007 to 2011 Volkswagen Eos

A convertible four-seater designed for year-round use, the Volkswagen Eos featured a sleek coupe body capped by a hard-top motorized roof and sunroof assembly — allowing owners to take in the sun and fresh air even on colder days.

An affordable but upscale model, the VW Eos featured navigation, parking radar, Bluetooth, premium audio, xenon lighting, heated leather seating and more.

A long list of safety equipment was also standard.

Engine

All Eos models got a two-litre four-cylinder turbo engine with 200 horsepower. Transmission choices included a six-speed manual and a six-speed Direct-Shift Gearbox (DSG) with paddle shift.

What owners like

Eos's quick-acting top mechanism, nicely-trimmed cabin, fun-to-drive attitude and an overall sporty and refined character is popular with owners. Most of these note that interior space up front is generous given the overall size of the car.

What owners dislike

Eos owners typically wish for more back seat space, better rearward visibility, and more storage space for smaller, at-hand items within the cabin. Limited trunk space is also an issue with some owners.

Common issues

Start a test-drive of a potential used Eos by looking for water leaks. Many Eos owners have reported some level of water leakage through the convertible top, so check carpeting, the roof panels and the roof storage area for signs of water damage or dampness.

All on-board electronics should also be tested for proper performance. Note that a rough idle, hesitation, or a check-engine light could be caused by glitch ignition-system parts.

Verdict

Consider the Eos a roomier and more sensible alternative to machines like a Mazda MX-5 or Saturn Sky in the used market — thanks to its back seat and the year-round driving confidence of front-wheel drive.

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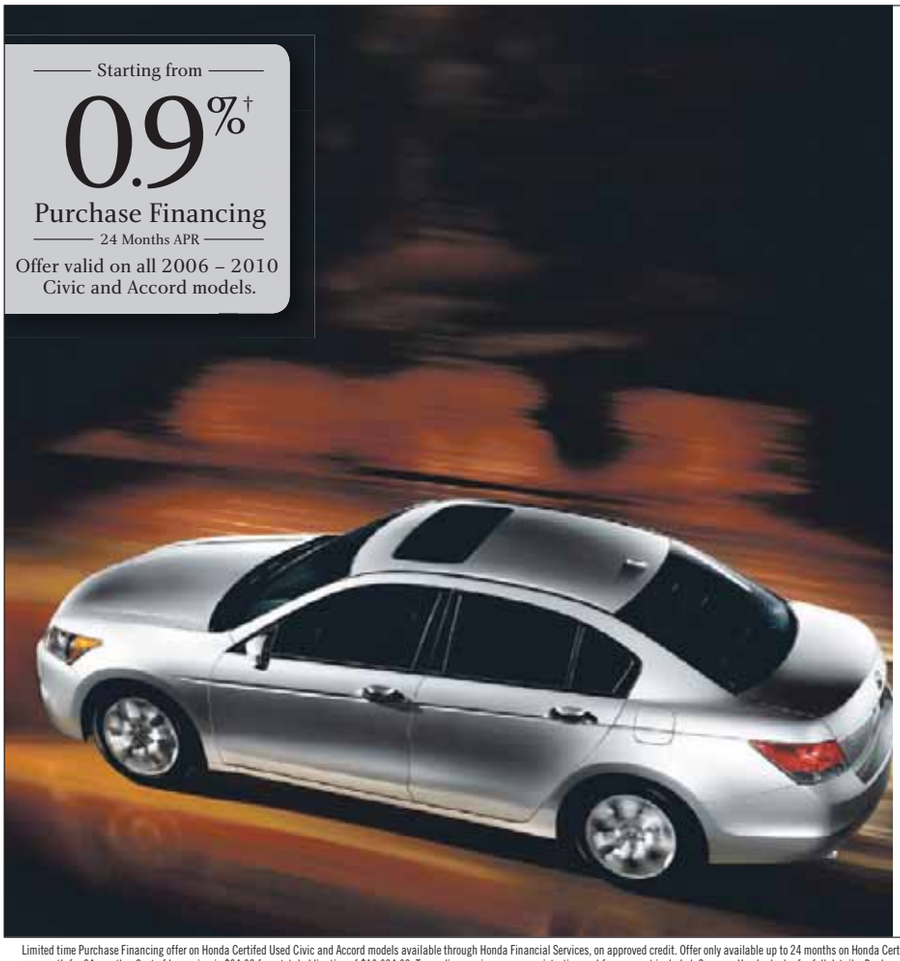

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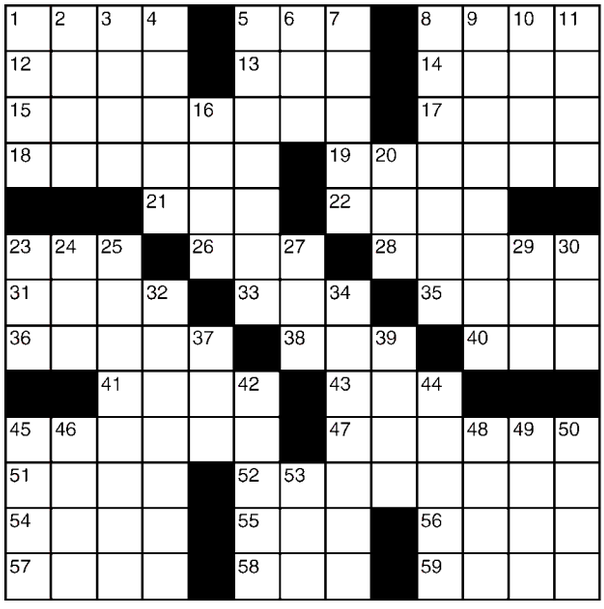
Crossword



Across

1 Pond film
5 — constrictor
8 Touch
12 Earthenware pot
13 Also
14 California wine valley
15 Imposed a penalty on
17 Soon, in verse
18 Dive of a sort
19 Rickrack
21 Health resort
22 Actress Diana
23 Vacationing
26 Can material
28 Western border lake
31 Eye part
33 Apprehend
35 Simple
36 Hermit, e.g.
38 Standard
40 Lair
41 Mid-month date
43 Shrill bark
45 "— Street"
47 Nervous
51 Genuine (Ger.)
52 Disappeared
54 Genealogy chart
55 Storm center
56 Sound quality
57 Lather
58 Trawler need
59 Luke Wilson's brother

Down

1 Former frosh
2 Hint
3 Arm bone
4 "The Mikado" trio
5 Persian Gulf country
6 Inseparable
7 Tossed into the mix
8 Turn of a phrase?
9 Ostracized
10 "Once — a time"
11 Piquancy
16 Calendar abbr.
20 Period
23 Lubricant
24 To and —
25 Done
27 Siesta
29 Raw rock
30 Still, in verse
32 Tranquilizes
34 Rifle attachment
37 Sleep phenom
39 Eastern princess
42 Most common dice roll
44 Green pasta sauce
45 Collections
46 Beige
48 Indian Ocean vessel
49 Wilder or Hackman
50 Paradise
53 Sailor's assent

▶ Yesterday's answer

C	L	A	Y	■	T	S	P	■	W	H	O	S
I	O	T	A	■	A	L	A	■	H	I	V	E
T	R	O	P	I	C	A	L	■	I	R	A	N
Y	I	P	■	R	I	B	■	S	M	E	L	T
■	■	■	P	O	T	■	D	O	S	■	■	■
A	P	R	O	N	■	M	U	S	I	C	A	L
R	E	A	L	■	B	E	E	■	C	O	D	E
M	A	G	I	C	A	L	■	S	A	T	O	N
■	■	■	T	U	G	■	T	E	L	■	■	■
S	T	R	I	P	■	D	O	C	■	A	M	A
C	H	O	C	■	V	E	R	T	I	C	A	L
A	R	I	A	■	E	M	S	■	V	E	I	L
M	U	L	L	■	G	O	O	■	E	D	D	Y

Sudoku

	5		9	1	3			
			2					6
	8							1
9							3	8
	2	8	6		4	1	7	
6	1							2
5							4	
8					7			
			1	3	5		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	5	3	9	4	8	7	6	1
7	4	8	1	5	6	3	2	9
1	9	6	3	2	7	5	4	8
9	2	5	4	6	1	8	3	7
4	3	7	8	9	2	6	1	5
8	6	1	5	7	3	2	9	4
3	7	4	6	1	5	9	8	2
6	1	2	7	8	9	4	5	3
5	8	9	2	3	4	1	7	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Kate, I am so glad that we are finally engaged and planning to get married in 6 months. I feel lucky that finally I found my soulmate. You are the best thing ever happened to me. **JEFF**

Natalie, long drive home...nothing to worry..good surfing,,good hiking...good time...just missing you bit.. **ADAM**

Dear "Dolphin Wink" Sorry, dear! I thought you r in trouble with ur job. You r right, probably some others person's word &it "s confused us again. Some story was so similar I thought it's "you"& I've given too much advice, I couldn't believe though. Anyways, glad to hear that you r doing great. I'm happy with my job n everything. Thanks for your concern. Be happy, good luck.
SMILE

A look at the weather

TODAY	THURSDAY	FRIDAY
Min 5°	Min 3°	Min -1°
Max 13°	Max 9°	Max 11°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

BT BREAKFAST TELEVISION

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20
Today's full moon in your sign will motivate you to act quickly and decisively, but don't go too far.

♉ Taurus April 21-May 21 Like everyone else, you have secrets. But there is one secret that will become public today. Own it.

♊ Gemini May 22-June 21
Don't keep your feelings to yourself today — let everyone know what is going on inside your heart.

♋ Cancer June 22-July 22 Be careful how you come across to today. The full moon warns not everyone will see your humour.

♌ Leo July 23-Aug.23 Let someone you are attracted to know that you think they are special.

♍ Virgo Aug. 24- Sept. 22 You will get more done if you take a gentler, less confrontational approach. Imagine how others feel.

♎ Libra Sept. 23-Oct. 23 You may be an open-minded person but today, protect yourself from other people's negative emotions.

♏ Scorpio Oct. 24-Nov. 22 If you are going to make progress on a project of some kind, you first need to stop thinking you can do it alone. Seek help.

♐ Sagittarius Nov. 23-Dec. 21 Today's full moon in Aries will encourage you to take the kind of risk that most people would avoid.

♑ Capricorn Dec. 22-Jan. 20
The less you reveal about your plans over the next two or three days, the better.

♒ Aquarius Jan. 21-Feb. 18
You may be tempted to cut corners and bend rules today but you really don't need to.

♓ Pisces Feb. 19-March 20.
There's a chance an employer will try to cheat you out of what is rightfully yours. **SALLY BROMPTON**

Caption contest

CHRIS CARLSON/THE ASSOCIATED PRESS

JEFF MCINTOSH/ THE CANADIAN PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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